



Healthy Arkansas

Better State of Health
GUIDE BOOK

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of Health & Human Services

Table of Contents

Letter from the Governor.....	4
What is Healthy Arkansas?	6
How to use this book	8

For Everyone 10

Nutrition.....	10
5 A Day program.....	12
Nutrition and dental health	13
Nutrition for your newborn to 2-year-old.....	14
Exercise and physical activity.....	24
Quitting tobacco.....	28
Disease management:	33
Diabetes	33
Heart disease and stroke.....	35
Cancer screening	38
Breast	38
Cervical.....	39
Colorectal.....	39
Prostate.....	40
Skin	41
Worksite wellness.....	42
Mental health	44
Substance abuse	49
Accident and injury prevention	52

For Women..... 55

Breast health	55
BreastCare	55
Cervical cancer	58
Prenatal care.....	60

For Men..... 63

Staying healthy at any age63

For Children 69

Keeping kids healthy.....69

ARKids First.....70

ConnectCare.....71

WIC nutrition program72

WIC breastfeeding74

Immunizations.....76

Child safety79

Childhood hearing screening84

BMI screening for youth.....86

For Older Adults 88

Special needs for older adults.....88

Alzheimer's disease.....89

Arthritis.....92

Osteoporosis.....94

Driver safety97

Community Resources..... 100

County-by-county list of options for

- Walking
- Physical exercise
- Nutrition classes
- Smoking cessation



A Letter from Governor Mike Huckabee



Dear Neighbor,

Thanks for taking the time to pick up this copy of the *Healthy Arkansas Better State of Health Guide Book*. As you thumb through this book you will find a wide range of information about where you can go in your community to get some exercise and have some fun. You will also find easy to read pages that will help you understand everything from diabetes management to important information for expectant mothers.

I am well aware that most people are working too hard, and are too busy, to take a great deal of time to read materials like this, so we have tried to make this guide as user friendly as possible. I know that you are flooded with health information from TV, radio and the internet, so let me try to boil my good health message down to just a couple of simple sentences.

If you get some exercise a couple of times a week and if you eat right and don't use tobacco ... you are going to live two years longer. In many ways it is as simple as that. I would also remind you that if you are not willing to make changes for yourself, please

consider making them for your children and grandchildren. I have learned that we all need to look at our lives and realize we have to change. I did, and I hope you can too.

I want to thank our friends at Eli Lilly and Company for helping to make this book possible. Lilly has worked with us for years to try to teach diabetics in Arkansas how they can make the disease more manageable through lifestyle changes.

I also want to thank the great people at the Gerber Products Company in Fort Smith. More than 500 dedicated employees at Gerber work to guarantee that babies all across our great nation are eating healthy each day. Gerber is a corporate citizen in Arkansas, but they are also one of the best known companies in the world. That little baby in the Gerber logo has long stood for quality, and we sincerely thank our good friends at Gerber for stepping forward and helping us make this guide free to you.

Again, I wish you nothing but the best as we work together to build a Healthy Arkansas and a Healthy America!

Sincerely,

A handwritten signature in black ink that reads "Mike Huckabee". The signature is fluid and cursive, with the first name "Mike" and last name "Huckabee" clearly distinguishable.

Mike Huckabee
Governor
State of Arkansas



Healthy Arkansas

*For a Better
State of Health*

What is Healthy Arkansas?

The Healthy Arkansas initiative includes strategies that focus specifically on Arkansas families plus:

- Business
- Schools
- Faith and community-based organizations
- Healthcare providers
- Worksites
- Parks/public places



Arkansas is one of the least healthy states in the nation. Healthy Arkansas is a comprehensive effort to define clearly specific areas where behavioral changes can lead to healthier citizens.

Healthy Arkansas is building on and expanding current programs and partnerships like those in cardiovascular health, diabetes, tobacco prevention and control, arthritis and cancer control. Healthy Arkansas will become an access point for people who want more information about how to live a healthier lifestyle.

Information is empowering. Healthy Arkansas is about giving people information in order for them to make their own decisions about becoming healthier. Healthy Arkansas is a work in progress. It provides the foundation for building a better state of health with the flexibility to grow and adjust to changing populations and identified needs.

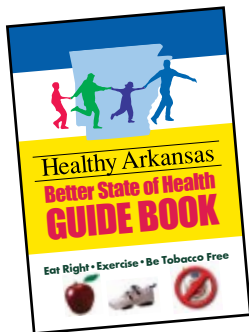
We would like your feedback about Healthy Arkansas. Please call or e-mail us at 1-800-235-0002 or info@HealthyArkansas.com.

How to Use this Book

Use this Book for Your Better Health!

This Guide Book to Better Health doesn't have everything you need to know about better health, but it does have a lot to get you started.

This book began by asking Arkansans what they want and need to live a healthier life. Healthy Arkansas staff traveled the state and talked to groups of people who wanted more information, resources and motivation. We hope this guidebook will be the starting point for your family's journey toward healthier living.



Keep this book handy when you have a question about a health issue or need tips and pointers on health-related topics. You'll find that it may not answer every question, but it will guide you toward information on most major health topics and a host of resources available in Arkansas.



In Your Own Backyard

One of the wonderful things about living in Arkansas is that the state offers a host of trails, lakes, parks and community centers that can help you get a good start on healthier living. In the Community Resources section of this guidebook you will find a brief listing of some of those resources located in your county.

A more complete list can be found on the Healthy Arkansas website (www.arkansas.gov/ha) in the “Community Resources” and “Walking Trails” section. Resources for each county include listings for organizations and locations that offer:

- Nutrition classes and counseling
- Physical activity
- Walking trails
- Smoking cessation programs

Brochures, web links, useful health tools and other materials for your family may also be found on the Healthy Arkansas website. Visit www.arkansas.gov/ha for more information.

This guidebook is not intended to offer medical advice or replace counseling from a qualified health professional. If you ever have a health issue, please consult your doctor.

For Everyone

Nutrition

Fruits and vegetables are an important part of a healthy diet. The health benefits of fruits and vegetables are well known. A diet full of fruits and vegetables helps prevent heart disease and cancer.

The Food Pyramid can help you understand which foods (and in what amount) are important in a healthy diet. The stairs on the side of the pyramid emphasize that exercise is an important part of a healthy lifestyle.

For more information on the Food Pyramid, and to find out how much you should eat from each food group based on your age, activity level and gender, visit www.MyPyramid.gov.



Grains

- Make 1/2 of your grains whole
- Eat at least 3 oz. of whole grain bread, cereal, crackers, rice or pasta everyday
- Look for the word whole before the grain name on the ingredients list (example: whole wheat flour)

Vegetables

- Eat more dark green vegetables (examples: spinach, green bell peppers)
- Eat more orange vegetables (examples: squash, carrots)
- Eat more dried beans and peas (examples: pinto beans, kidney beans, split peas)

Fruits

- Eat a variety of fruits
- Choose fresh, frozen, canned or dried
- Eat whole fruit more often than juice

Oils

- Know your fats
- Make most of your daily fat from fish, nuts and vegetable oil (examples: olive, peanut, and canola oil)
- Limit solid fats like butter, stick margarine, shortening and lard

Milk

- Eat or drink fat-free or low-fat milk and other calcium-rich products (examples: skim milk, cheese, yogurt)
- If you do not or cannot drink milk products, choose lactose-free products or other calcium sources (examples: soy milk, calcium enriched orange juice)

Meat & Beans

- Choose fish or low-fat or lean meat and poultry
- Bake, broil, or grill meat; avoid fried foods
- Vary choices with more fish, beans, peas, nuts and seeds

Physical Activity

- Adults should be physically active for at least 30 minutes each day
- Children should be physically active for 60 minutes each day

SOURCE: www.MyPyramid.gov

5 A Day Program

The 5 A Day Program shows easy ways to add more fruits and vegetables into your life. Fruits and vegetables provide essential vitamins and minerals, fiber and other things that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.

Eat a Colorful Meal

There are a wide variety of fruits and vegetables to choose from. They can be fresh, frozen, canned or dried. We already know it is important to eat a wide variety of colorful orange/yellow, red, green, white and blue/purple vegetables and fruits every day.

Serving Size

Eating the 5 A Day way is easy. One serving is smaller than people think. Be creative about eating five servings each day. And remember five is the recommended minimum – the more the better!

One serving size is defined as:

- One medium fruit (examples: apple, orange, banana, pear)
- 1/2 cup cut-up fruit
- 1/2 cup raw or cooked vegetables
- 1/4 cup dried fruit (examples: raisins, apricots, mango)
- 1 cup raw, leafy vegetables (example: spinach)
- 1/2 cup cooked or canned peas or beans

SOURCE: www.5aday.gov

Nutrition and Dental Health

Fluorides and Fluoridation

Fluoride is an essential nutrient to keep teeth healthy and free from decay. While all drinking water contains some fluoride naturally, most water supplies do not have enough fluoride to prevent tooth decay.

Community water fluoridation adjusts the naturally occurring fluoride level to that level known to prevent cavities. No adverse health effects occur because of water fluoridation.

In those cities where fluoride is not added to the public water system or for those who use well or spring water as their primary drinking water source, dentists or physicians should prescribe fluoride supplements for children under 16. Ask your dentist for more information.

Source:

American Dental Association

www.ada.org

Arkansas Dental Association

www.dental-asda.org



Nutrition for Your Newborn to 2 Year Old



Feeding Guidelines *for* Infants & Toddlers

Dear Parents and Caregivers,

Feeding your little one in a healthy way now
is important for healthy eating habits later,
and may help to prevent obesity
and other problems later in life.



At Gerber, our mission is to help parents raise happy,
healthy babies. That's why Gerber, together with an expert
panel, developed the Start Healthy Feeding Guidelines for
Infants and Toddlers. These new Feeding Guidelines are the
foundation for all of the tips and advice on the following pages
about what, when and how to feed your wonderful child.

At Gerber, we want all of America's babies to
"Start Healthy and Stay Healthy"™.

Sincerely,

Kurt Schmidt, CEO
Gerber Products Company





Boost your baby's iron supply with vitamin C

How to Tips

Iron and zinc are essential for your baby's healthy physical growth and mental development. And, because vitamin C helps your baby absorb iron better, try mixing vitamin-C-rich pureed fruit with his cereal.



For babies



Breastmilk is best

Breastfeed for as long as you can—ideally for the first year. Breastmilk provides a natural defense against allergies and infections, contains fats needed for optimal brain development and may reduce the risk of obesity.

Make sure baby gets critical nutrients.

By around the middle of the first year, complement your breastmilk with foods that provide iron essential for your baby's healthy growth and mental development.



For toddlers

In addition to breastmilk or formula, your toddler should eat a variety of solid



foods. Be sure to work nutrition into every bite.

Your toddler's tummy is only about the size of his little fist, so he needs smaller meals and snacks of nutrient-rich foods.



FEEDING FACT

Snacks make up about 25% of the day's diet—so make sure they're nutritious



Serve Snacks that Count

To help ensure that your toddler is getting a balanced diet, try serving some of these healthy snacks in addition to regular sit down meals.

- Whole-grain crackers and sliced cheese
- Yogurt or whole milk
- Diced hard-cooked egg
- Fruit dices
- Iron-fortified toddler cereal snacks
- Smoothies made with milk or juice and fresh, frozen or pureed fruit
- Applesauce or other fruit purees with a sprinkle of cinnamon or nutmeg

Mealtime Advice



For babies



A step by step guide
for baby's first solids.

Where to begin?

Once you and your pediatrician decide it's a good time to begin solid foods, start with single ingredient foods—preferably iron-fortified single-grain infant cereal or pureed meats. Introduce them one at a time. Offer just one new food 2 to 4 days in a row before starting a new one. This makes it easy to watch for food sensitivities.

Start with cereal

- Mix 1 tablespoon of single-grain cereal to a smooth texture with about 4 tablespoons of breastmilk, formula or water. (As he gets older, use less liquid for a thicker texture.)
- Using a spoon or your finger, put the cereal to his lips, not in his mouth, so he can use his sucking skills.

Next comes pureed food

- Offer any variety of single-ingredient foods. As with cereals, wait 2-4 days between introducing another new food.
- The order that you introduce fruits and vegetables doesn't matter.
- Once your baby has tried single-ingredient fruits and vegetables, you can move on to mixed varieties.
- Include meat, an important source of iron and zinc, in your baby's diet early.



For toddlers

Strive for 5



Eat a rainbow
every day*

Color	Choices
Blue/ Purple	Plums, grapes, blueberries, prunes
Red	Tomatoes, cherries, strawberries, red apples
Yellow/ Orange	Sweet potatoes, squash, mangoes, peaches, carrots, yellow apples
White	Potatoes, bananas, pears, cauliflower
Green	Spinach, broccoli, green beans, peas, kiwis

Nutrition experts agree that everyone, including toddlers, should get five servings of fruits and vegetables every day. It's important to include varying flavors, colors and textures in your baby's diet. By routinely serving your little one fruits and veggies from each color group, you'll be expanding her palate as well as providing a wide array of nutrients.

Getting your toddler to eat five servings each day may seem like a daunting task.

But it's really not, when you consider a toddler serving is only $\frac{1}{4}$ cup of fruit or vegetables or $\frac{1}{2}$ container of baby food. Juice can count as a serving of fruit too, but keep her total intake of juice to no more than 4-6 ounces each day.



* All fruits and vegetables should be soft or soft-cooked and mashed or pureed with seeds and skins removed.

FEEDING FACT

Many babies go all day without eating a single fruit or vegetable.

Mealtime Advice

Is she hungry...or full?

Learn to understand your baby's hunger and fullness cues and you'll help her understand her own feelings of hunger and fullness



Reading her hunger and fullness cues

YOUNGER BABY	"I'm hungry!"	"I'm full!"
	<ul style="list-style-type: none">• Cries or fusses• Flails her arms and legs• Smiles and looks at you, or even coos when you're feeding her	<ul style="list-style-type: none">• Spits out nipple• Stops sucking• May even fall asleep

OLDER BABY	"I'm hungry!"	"I'm full!"
	<ul style="list-style-type: none">• Opens mouth and moves towards the spoon• May try to swipe food toward her mouth• Gestures—she may nod or point or grab the spoon	<ul style="list-style-type: none">• Turns head away from the spoon• Spits out familiar foods or pushes it away• Becomes distracted or notices surroundings more



She's Hungry!



She's Full!



She's Hungry!



She's Full!



Make your picky eater a happy eater

Picky eating and food jags are common complaints among parents of toddlers. Here are some ways to make mealtimes more enjoyable.

- Don't force her to eat. Let her decide whether or how much to eat.
- Offer a variety of wholesome, nutritious foods, including foods that you know your child likes.
- Allow her to choose, but if she decides to eat nothing, respect her choice. She'll make up for it at the next meal or the next day.

Picky eating is often a normal stage of development and won't last forever. If it persists, discuss your concerns with your pediatrician.



Get more information about picky eating at Gerber.com or by calling 1-800-4-GERBER



If your little one rejects a new food, try and try again

Research shows that it takes repeated tries (sometimes up to 10 or 15 times) before baby accepts some new foods.

Ultimately, you want your child to know and love as many fruits and veggies as possible. Because the more healthy foods she eats now, the more likely she'll be to choose them down the road.



Mealtime Advice

Portions

How much is enough?



For babies: *Think small.*

Infants have small stomachs and need small, frequent feedings. Begin with a teaspoon of food and gradually give more, recognizing when baby indicates he's full. A baby's day-to-day appetite may change so adjust his portion sizes accordingly.



Bread
and
Grains



Meat or
Meat
Alternative

Appropriate Serving Sizes	
Food Group	1 Serving =
Milk	$\frac{1}{2}$ cup whole milk
Fruits and Vegetables	$\frac{1}{4}$ cup or $\frac{1}{2}$ jar of baby food
Bread and Grains	<ul style="list-style-type: none">• Bread, $\frac{1}{2}$ slice• Cornbread, biscuit, roll or muffin, $\frac{1}{2}$ serving• Cereal, dry, $\frac{1}{4}$ cup• Cooked hot cereal, $\frac{1}{4}$ cup• Pasta, noodles, or grains, $\frac{1}{4}$ cup
Meat or Meat Alternative	<ul style="list-style-type: none">• Meat, poultry or fish, 1 oz.• Cooked dry beans or peas, $\frac{1}{4}$ cup• Cheese, 1 oz.• $\frac{1}{2}$ Egg• Yogurt, 4 oz.



Source: USDA, 2003 Child Care Meal Pattern



How to prevent choking

Remember the three S's at every meal and snack:

SAFE, SEATED, SUPERVISED.

- Choose foods that are developmentally appropriate.
- Don't let your child eat while playing or running.
- You should be with your baby whenever she's eating or drinking. You need to be right there if your child should gag on a food.
- Don't let your child eat too fast or put too much into her mouth.



Choking Hazards

A red octagonal sign with a white border and the word "STOP" in white capital letters.

STOP

- Popcorn
- Hot dogs
- Grapes
- Hard candies (including jelly beans)
- Raisins
- Hard pieces of raw vegetables and fruits
- Nuts
- Peas

Exercise and Physical Activity

Physical activity is important to your health and wellness. Physical activity does not need to be hard to provide some benefit. However, participating in moderate physical activity is a vital component of a healthy lifestyle for people of all ages and abilities. Consult your physician before beginning any new exercise program.

The Centers for Disease Control and Prevention (CDC) make two physical activity recommendations for all **adults**:

1. At a minimum:

- a. Do moderately intensive activity for your heart for 30 minutes a day, five days a week, or,
- b. Do vigorously intense activity for your heart for 20 minutes a day, three days a week; and,

2. At a minimum:

- a. Twice a week do 6-8 strength-training exercises. Do 8-12 repetitions of each exercise.

Moderate physical activities include:

- Walking briskly
- Hiking
- Gardening/yard work



Governor Mike Huckabee runs a 5K.

- Dancing
- Golf (walking and pulling a cart with clubs)
- Bicycling
- Weight training (general light workout)

Vigorous physical activities include:

- Running/jogging
- Bicycling
- Swimming (freestyle laps)
- Aerobics
- Walking very fast
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

Children Need More Exercise

- While 30 minutes of exercise each day is recommended for adults, children need twice that amount.
- Children and adolescents should get 60 minutes of moderate to vigorous physical activity each day to promote healthy growth and development.
- Get your kids away from the video monitor or television and get them outside riding bikes, swimming, walking or running.

Older Adults Need Strength Training

- Physical activity is one of the most important steps older adults can take to stay independent and lead a quality life. Strength training should be part of every older adult's weekly activity.
- Strength training (examples: lifting weights, resistance bands, etc.) prevents the muscle loss that comes with aging. It also helps prevent loss of bone mass that leads to osteoporosis.
- Some older adults avoid physical activity and become inactive out of fear of falling and fracturing a bone. Research has found that physical activity can actually prevent falls by improving strength, balance and endurance.
- Walking and other aerobic exercise is good for your heart. However, to build strength in your leg, back and arm muscles, strength training needs to be included.
- Consult your physician or a qualified personal trainer for weight training exercises that are appropriate for you.



Walking Trails

In the Community Resources section of this guidebook, you will find a listing of dozens of walking trails near you. Due to space limitations, not every trail is listed in this guide. However, a comprehensive list can be found in the Community Resources and Walking Trails section of the Healthy Arkansas website at www.arkansas.gov/ha.

Make it a priority and an adventure to find and walk the trails in your area. Your heart will thank you, your family will thank you, and you'll have fun!

Governor's Council on Fitness

The Arkansas Governor's Council on Fitness encourages Arkansans to participate more actively in health and fitness activities to help them live healthier, happier and more productive lives. The Council focuses on five populations:

- Youth
- Adult
- Seniors
- Special populations
- Business

Find out more at www.arkansasfitness.com or call 1-800-235-0002. For more information about physical activity visit the Centers for Disease Control and Prevention website at www.cdc.gov/nccdphp/dnpa/physical.

Quitting Tobacco

Tobacco Prevention & Education Stamp Out Smoking (SOS)



Tobacco use is the greatest public health problem in Arkansas, contributing to more Arkansans' deaths every year than AIDS, car accidents, homicide, suicide, fires and substance abuse combined.

The Tobacco Prevention and Education program – Stamp Out Smoking (SOS) – of the Arkansas Department of Health and Human Services is a comprehensive science-based program to educate Arkansans about the harmful effects of smoking and exposure to secondhand smoke. It also provides ways to help you quit.

Stamp Out Smoking has an interactive website with information, testimonials, trivia quizzes and video clips about smoking. Visit www.stampoutsmoking.com.

SOS Quitline - Toll free 1-866-NOW-QUIT (1-866-669-7848)

Need help kicking the habit? The good news is that free help is available from Stamp Out Smoking. Call the SOS Quitline at 1-866-NOW-QUIT (1-866-669-7848) for help in English and Spanish by counselors professionally trained to provide help for tobacco addiction.

Quitline counselors are trained to help callers from all types of backgrounds. Doctors may also use the free service.

What Happens When You Call the SOS Quitline?

1. The Quitline automatically connects you to health professionals. All calls are confidential.
2. Counselors answer directly, or an automated voice recording provides instructions in English, then Spanish. Callers may be asked to schedule a phone appointment if a counselor is not available.
3. Callers are asked to provide key information such as: current tobacco use, usage patterns, past attempts at quitting (including dates and methods) and brief health history.
4. Callers receive a quit plan, quit tips and assistance to set a quit date. Four helpful follow up calls are scheduled based on caller preference. Callers receive quit plan information in the mail.



Cessation Network

The Arkansas Tobacco Cessation Network, provided through the UAMS Fay W. Boozman College of Public Health, offers intensive treatment in multiple sites. Each network site offers 6-session, intensive, group-based, multi-component, tobacco cessation-based treatment interventions.

The sites also offer individual counseling, referral to the SOS Quitline, and medication assistance if needed. All services are free of charge to participants.

Spit Tobacco

Spit tobacco, also known as snuff, dip, smokeless tobacco and chewing tobacco, contains large quantities of sugar to make it taste good enough to even put in the mouth. It also contains ammonia, cyanide, and known cancer-causing agents such as formaldehyde.

Use of spit tobacco can cause cancers of the mouth and throat and contributes to loss of teeth due to gum diseases and tooth decay.

The Office of Oral Health at the Arkansas Department of Health and Human Services provides educational materials on the dangers of using spit tobacco. The Office sponsors the awareness campaign called “Spit Tobacco: Chew, Dip, and Die.” For more information on this program call 1-800-235-0002.

Smoke Free Workplace and Campus

Smoking causes \$1.12 billion in lost work productivity each year in Arkansas. This cost relates to those employees who smoke or use tobacco products, as well as those affected by secondhand smoke. In contrast, smoke free businesses have lower health insurance premiums, decreased employee absenteeism, and have less risk of fire and property damage.

Secondhand smoke is other people's tobacco smoke. Also known as passive smoke, it is major source of indoor air pollution. It can lead to heart disease and lung cancer and can result in a number of additional short and long-term effects on your health.

Short-term effects include: coughing, headache, eye irritation, sore throat, sneezing and runny nose, breathing problems, and irregular heartbeat.

Long-term effects include: worsening of chest problems and allergies like asthma, hay fever, bronchitis; increased risk of heart disease; increased risk of lung cancer. Pregnant women exposed to secondhand smoke can pass on the harm to their unborn child.



More and more businesses are going smoke free. Employers have not only become aware of the danger of secondhand smoke, but also the financial benefits of having a smoke free environment.

Your business can get a helpful guidebook on establishing a smoke free workplace. Check the Healthy Arkansas website at www.arkansas.gov/ha.

Helpful Websites for Quitting Tobacco

If you don't have Internet capability at your home, you can go to your local library.

Arkansas Department of Health and Human Services

www.stampoutsmoking.com

www.HealthyArkansas.com

National Cancer Institute

www.smokefree.gov

Centers for Disease Control and Prevention

www.cdc.gov/tobacco

University of Arkansas for Medical Sciences

www.uams.edu.



Disease Management

Prevention and early detection are a good defense for many common diseases. Below you will find information on some of the most common chronic diseases in the country and in Arkansas. The information below is presented as a resource only and is not intended to replace the advice of a physician or qualified health professional. Please discuss your health concerns with your doctor.

Diabetes

Diabetes is the 6th leading cause of death in Arkansas. Its effects can be devastating. Diabetes is associated with the following health problems:

- Heart disease
- Stroke
- High blood pressure
- Blindness
- Kidney disease
- Nervous system disease
- Amputations
- Dental disease
- Complications of pregnancy



Almost eight percent of Arkansas' population, nearly 235,000 people, suffer from this chronic disease, **and one third are unaware of it.**

Since 1995, Arkansas has consistently ranked at or above the national average for the number of people with diabetes. The diabetes frequency in Arkansas increased 15 percent from 1994 to 2000.

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is the hormone that is needed to convert sugar, starches and other food into energy needed for life. Insulin unlocks the cells of the body, allowing sugar to enter and fuel them. When a person has diabetes, their body does not produce enough insulin or cannot effectively use the insulin it does produce. There are several types of diabetes:

Type 1 Diabetes: the body does not produce the insulin needed. This was previously called insulin-dependent or juvenile onset diabetes. This type of diabetes requires insulin injections.

Type 2 Diabetes: the body fails to properly use what insulin it has. There may be an associated deficiency of insulin production.

Gestational Diabetes: starts when a woman's body is not able to make and use all the insulin it needs for pregnancy. There seems to be a link between the tendency to have gestational diabetes and Type 2 diabetes.

Pre-Diabetes: blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Diabetes is a serious disease and its management must be taken seriously. In some cases, diabetes can be managed through exercise, nutrition and careful monitoring. Talk to your doctor for more information.

Heart Disease and Stroke

Heart disease and stroke are the nation's leading causes of death and disability, and they can affect anyone without regard to age, race, ethnicity, sex or income level.

As our population ages, these conditions are projected to increase. The good news is that heart disease and stroke can often be prevented.

The heart is a muscle. Like other muscles, exercise and good nutrition are essential to keep it strong and healthy. Here's what you can do to help control high blood pressure and reduce cholesterol which are both associated with heart disease and stroke.

- Get at least 30 minutes of aerobic exercise (like walking, riding bikes, swimming) a day, five days a week.
- Eat nutrient-rich foods, like green and other colorful vegetables, that are full of vitamins and minerals. The darker green the better.



- Get your daily fat from nuts, lean meats and fish like salmon, trout, sardines and tuna.
- Make olive oil your oil of choice.
- Make 1/2 of your grains whole.
- Avoid simple carbohydrate foods like white bread, white rice and refined sugar, substituting instead oats, brown rice and whole-wheat pasta.



Know the Signs & Symptoms

Know the signs and symptoms of heart attack and stroke, and call 911 if you think you or a family member may be in crisis. If you live in a county that does not have 911 service, call the emergency number listed in your telephone book.

Heart Attack

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. Often comes along with chest discomfort, but it also can occur before chest discomfort.

- Other symptoms. May include breaking out in a cold sweat, nausea or light-headedness.

Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

High Blood Pressure

Most people with high blood pressure have no symptoms at all. There are no specific warning signs.

The only way to find out if you have high blood pressure is to have your doctor check it or visit a local blood pressure screening program.

The standards for blood pressure are:

Normal systolic: less than 120

Normal diastolic: less than 80

Blood pressure values between 120 - 139 systolic and 80 - 89 diastolic are termed “pre-high blood pressure.”

Values at 140 or above systolic and 90 or above diastolic are in the high blood pressure range.

Cancer Screening Guidelines

Although medical science has made great strides in the treatment of cancer, early detection remains a critical factor in achieving good outcomes. Until there is a cure for cancer, screening is the best means of catching the disease early while it is still treatable.

Talk to your doctor about what screenings are right for you based on your risk factors and family history. And check the recommendations below for general guidelines about cancer screenings.

Breast Cancer Screening Guidelines

Age	Recommendation	Benefit
Age 40 to 49	Mammogram and a clinical breast exam should be part of a woman's annual physical examination.	May reduce risk of dying from breast cancer by 17 percent.
Age 50 to 74	Mammogram and a clinical breast exam should be part of a woman's annual physical examination.	May reduce risk of dying from breast cancer by 30 percent.

Source: American Cancer Society

Cervical Cancer Screening Guidelines

The American Cancer Society recommends screening for cervical cancer in women who have been sexually active and who have a cervix. Some guidelines:

- Begin screening within 3 years of onset of sexual activity or age 21 (whichever comes first).
- Get a cervical cancer screening yearly until three negative results are obtained over a 5-year period, then reduce frequency to every 3 years.
- Screening after a hysterectomy with removal of the cervix is not necessary in most cases.

Colorectal Screening Guidelines

Your doctor should begin screening you soon after age 50 for colorectal cancer, then continue at regular intervals. However, you may need to be tested earlier or more often than other people if:

- You or a close relative have had colorectal polyps or cancer.
- You have certain chronic diseases of the large bowel.

Talk to your doctor about when you should begin screening and how often you should be tested.



Prostate Cancer Screening Guidelines

Although there is good evidence that “PSA screening” (Prostate-Specific Antigen) can detect early-stage prostate cancer, evidence is mixed about whether early detection improves health outcomes.

Prostate cancer screening is associated with possible harms. These include:

- Anxiety and follow-up procedures based on frequent false-positive test results
- Complications that may result from treating prostate cancers that, if left untreated, might not have affected the man’s health

Talk with your doctor about the nature and risks of prostate cancer. It is important to understand the risks, benefits and alternatives to screening before you make a decision.

For more information about prostate cancer: www.cdc.gov/cancer/prostate/decisionguide.



Skin Cancer Screening Guidelines

- Skin cancer is the most common form of cancer in the United States.
- Most skin cancers result from too much exposure to direct sunlight, particularly ultraviolet (UV) rays.
- Persons with a light complexion are at high risk as are persons who have had multiple sunburns.
- Tanning beds and sunlamps are as dangerous as exposure to the sun, and contribute to cancer risk.
- After age 30, all persons should have a careful screen of their skin by their physician each year.
- Any moles that enlarge or bleed should be cause to see your doctor.



Worksite Wellness

According to the Centers for Disease Control and Prevention (CDC), employees spend almost half their waking hours in the workplace. About 82% of the U.S. population is linked in some way to a worksite. This makes workplace health promotion an ideal way to reach a large portion of the population.

Worksite Wellness can encourage and promote good health through behavior change. Simple, low-cost activities can be implemented, such as:

- Offering healthy choices in vending machines
- Flexible time during lunch and breaks for fitness or walking
- No smoking in areas where people work

These and other activities can result in huge health rewards, as well as employer cost savings. Employers with physical activity programs have reduced healthcare costs, reduced short-term sick leave and increased productivity.

Healthy Arkansas has created an online worksite wellness tool kit. Call 1-800-235-0002 for more information or visit www.arkansas.gov/ha to download Worksite Wellness Guide and Worksite Wellness Supplement. An Employer's Guide to a Tobacco Free Workplace can also be found on the site.

Healthy Employee Lifestyle Program

The worksite wellness program, known as HELP or Healthy Employee Lifestyle Program, is a good example of what employers can do. HELP targets approximately 10,000 Arkansas Department of Health and Human Services employees.

The mission of HELP is to create a worksite culture that supports healthy lifestyle choices. HELP addresses tobacco use, nutritional choices, age appropriate screenings, physical activity and healthy weight. The program includes incentives to encourage healthy behaviors, and recognizes achievement.



Mental Health

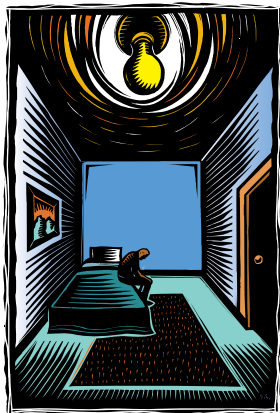
Brain and Body: The Connection to Health

Good mental health is important to your well-being. If you're reading this book, you're probably interested in improving your health and helping your family stay healthy. Therefore, you should know that a healthy mind – good mental health – is just as important as a healthy body.

If you think you might be having a mental health problem, you should seek help. You don't have to suffer in silence while these problems diminish your quality of life. You can live a better life with treatment.¹

Anyone can develop mental illness – you, a family member, a friend or neighbor. It is not the result of personal weakness, lack of character or poor upbringing.² Mental illness is a disease just like arthritis and asthma. It is a treatable disorder of the brain.¹

How common is mental illness? Millions of people have it. Mental illnesses can affect persons of any age, race, religion or income.



Signs to Look For

It is important to talk to your doctor, other healthcare professional or clergy if you believe that you or a loved one may be suffering from a mental illness.

There are many symptoms and types of mental illness. Your doctor can help you find out if you have a mental illness and the type of help you need.



The following are signs of a possible mental illness that you or a loved one may want to speak about to a doctor or other health care professional:

- Confused thinking
- Prolonged sadness or irritability
- Feelings of extreme highs or lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts

- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse.³

In order to determine if you have a mental health problem, a doctor might ask you many questions, such as these:

- Do you have difficulty sleeping, either too much or too little?
- Have you been sad or depressed for a long period of time?
- Have your relationships with loved ones changed?
- Do you ever do things without knowing why you did them?
- Do you ever hear or see things that other people do not?
- Have you ever thought of suicide?
- Do you get nervous or angry easily?
- Are you often anxious or afraid?
- Have you been told that you drink too much?
- Do you take street drugs or overuse prescription medications?



Don't let this list of symptoms scare you. Treatments and therapies are available that can help ease and even eliminate the emotional and physical symptoms of mental illness.¹

What You Can Do

Talking to your doctor, other healthcare professional or clergy about how you feel is the important first step to feeling better. It's important to share as much information, ask for their opinions and let them help you decide what treatment options will be most helpful for you.

Your healthcare provider relies on the information you share to keep you healthy. Even though it can be difficult to talk about certain things, there is no need to feel rushed or embarrassed with your healthcare provider. They are there to help.

Mental Illnesses are Treatable

Most people with serious mental illness need medication to help control symptoms. They also rely on supportive counseling, self-help groups, assistance with housing, vocational rehabilitation, income assistance and other community services.

Help also is available for families coping with the mental illness of a loved one. Ask your doctor, other health care professional or clergy for information about support in your area.

Help in Arkansas

There are a host of excellent providers, including psychiatrists, psychologists and social workers, who are well trained and can offer the necessary treatment. Many of these clinicians work in the public sector at community mental health centers, while others are in the private sector either hospital or office-based.

Additionally, peer-led support and education groups are available for consumers and family members through the National Alliance for the Mentally Ill - Arkansas.

Information about finding the appropriate referral is available through the NAMI-AR office, 501-661-1548 or through the offices of the Arkansas Psychiatric Society, 501-663-6182; the Arkansas Psychological Association, 501-614-6500; or the Arkansas Social Work Licensing Board, 501-372-5071.

Moving Your Life Forward

Resolving to talk to your doctor about mental illness is one more step - along with good nutrition, exercise and quitting tobacco - that can contribute to a healthier you.

¹Source: www.nimh.nih.gov

²Source: www.nami.org

³Source: www.nmha.org

The mental health section material was provided by Eli Lilly and Company.

Substance Abuse

Alcohol, Tobacco and Other Drugs

Substance abuse is a serious and widespread health problem. Too many Arkansans of all ages, sexes, races and economic levels abuse alcohol and tobacco as well as illegal and prescription drugs.



Most medical experts now consider dependence on alcohol, tobacco or drugs as a long-term illness, like asthma, high blood pressure or diabetes. The substance abuser isn't the only one hurt by addiction. Families, friends, employers, schools and the community are also affected in many harmful, and often deadly, ways.

Symptoms of Substance Abuse

People with a substance abuse problem will often:

- Keep using drugs or alcohol even though bad things happen to them when they are high
- Believe that they drink normally, or that “everyone” takes drugs
- Drink more alcohol or take more drugs than they meant to take

- Deny that there is a problem even though people around them see it
- Need larger and larger amounts of alcohol or drugs to get high
- Feel a strong need or urge to use alcohol, tobacco or drugs
- Feel anxious and irritable when their drugs are gone
- Experience withdrawal symptoms like nausea, sweating, shakiness and extreme anxiety
- Try to stop withdrawal symptoms by taking more drugs or alcohol
- Try often and fail to stop drinking, smoking or using drugs

Preventing Childhood Substance Abuse

Arkansas has a prevention plan called the State of Arkansas Strategic Prevention Framework. The plan identifies the State's goals and objectives for prevention, and it sets guidelines that will help state agencies, schools, communities and families to work together to prevent children from abusing alcohol, tobacco and other drugs.

Ways You Can Help:

- Get your child involved in community, family, school, church or organized peer group activities. Children are less likely to drink or use drugs when they feel they are part of the events that are going on around them.

- Praise, encourage and reward your children for getting involved in activities. Participating in activities helps children bond to the community, their families, school and friends, thus lowering their risk for substance use.

Substance Abuse is Treatable

Substance abuse can be a long-term – but treatable condition. Recovery is often a lifelong process that helps people accept, manage and live with their illness.

There are many types of adult and adolescent treatment programs that teach people new ways of thinking, feeling and acting. For information about limiting your child's risk of becoming a substance abuser, or for help finding a treatment program or substance abuse professional contact the Division of Behavioral Health Services, Office of Alcohol and Drug Abuse Prevention, 501-686-9866. They can send you a copy of the State of Arkansas Strategic Prevention Framework.



Accident and Injury Prevention: Have Fun. Be Safe.

Safe Boating

Safe, smart boating on Arkansas' waterways is every boater's duty. As more and more recreational boaters use Arkansas waters, safe boating is increasingly important to prevent accidents, injury and death.

Here are some safety tips to help you be a safe and smart boater:

- Always wear a life jacket because most boating deaths are from drowning.
- Always keep a proper lookout and maintain a safe speed while boating.
- Never overload your boat; balance the load of passengers and gear.
- Never use alcohol or drugs while boating. Alcohol contributes to about one-third of all boating injuries and death.
- Take an approved boating education course. For more information on safe boating and Education courses, call the Arkansas Game and Fish Commission at 501-223-6377 or go to www.agfc.com.

Buckle Up

Arkansas' police officers can stop vehicles to see if drivers and passengers are wearing seat belts. People who wear seat belts

increase their odds of surviving a serious car crash and avoiding major injuries.

For information on helmet and seat belt use, go to the National Highway Traffic Safety Administration website at www.nhtsa.dot.gov/ or call 1-888-327-4236.

Other information is available from the Centers for Disease Control and Prevention's National Center for Injury Prevention and Control website at www.cdc.gov/ncipc or call toll-free 1-770-488-1506.

Bicycle and Motorcycle Helmets Save Lives

Wearing a helmet is the single most effective way to reduce head injury and death from bicycle and motorcycle crashes. Helmets are even more effective in preventing brain injuries. These often require extensive treatment and may result in lifelong disability.



Fire Safety

Each year more than 25,000 Americans are injured and 4,000 die in fires. Many of these fires could have been prevented.

The Arkansas Department of Health and Human Services has a Fire Burn Prevention Program. Go to www.HealthyArkansas.com for more information.

For information on how to protect your family from a fire or what to do after a fire, visit the U.S. Fire Administration website at www.usfa.fema.gov/safety or call 301-447-1000.

Safety on the Farm

Agriculture is one of the most dangerous occupations in the United States. Successful farmers know that injuries and work-related illnesses can cost time, money and sometimes their lives.

Safety and health should be a top priority for every farmer. Below are some tips to help keep your operation safe:

- Develop a safety plan for your operations and train your employees.
- Be sure you and your employees wear protective equipment such as gloves and safety glasses.
- Inspect equipment and make necessary repairs on a regular basis.
- Make sure tractors have rollover protection and are operated at a safe speed.
- Always wear a seat belt when operating equipment like tractors.
- Do not wear items that could get caught in equipment like loose clothing.
- Wear dust masks when working indoors with grain or particles in the air.
- Keep children away from dangerous equipment.

For Women



Breast Health

Good breast health is important to all Arkansas women and their families. According to the American Cancer Society:

- Breast cancer is the number two cause of cancer deaths in women.
- In Arkansas, an estimated 2,090 women will be diagnosed with breast cancer in 2005.

That's why the Arkansas legislature enacted the Breast Cancer Control Act of 1997, out of which came the Arkansas BreastCare program.

The BreastCare program was developed to increase the rate of early detection of breast cancer and to decrease death from breast cancer among Arkansas women over 40 who are uninsured or underinsured.

BreastCare remains one of the most important women's health initiatives in our state's history. The program emphasis is early detection and treatment of breast cancer.

Eligibility:

- Women 40 years of age or older
- Income at or below 200 percent of the Federal Poverty Level
- No health insurance or insurance that does not cover mammograms
- Arkansas residents only



Enrollment:

- Call toll-free 1-877-670-CARE.
- The call center takes calls Monday through Friday between 7 a.m. and 5 p.m.
- Operators determine program eligibility, make clinical breast exam appointments and make referrals to BreastCare providers.
- After a woman's exam, she is scheduled for a free mammogram.
- If results are abnormal, further tests and follow-up care are provided.
- BreastCare also makes treatment available for women who qualify under the program and have already received a diagnosis of breast cancer with only a small co-payment required.

Services include (but are not limited to):

- Clinical breast exams
- Screening mammograms
- Diagnostic mammograms
- Physician consultation
- Biopsy
- Surgery
- Chemotherapy and radiation
- Additional testing and treatment

For more information on Arkansas BreastCare go to www.ArBreastCare.com or call toll-free 1-877-670-CARE.



Cervical Cancer

Cervical cancer is one of the most easily diagnosed and treatable forms of cancer in women. Who should be screened? See the “Cancer Screening Guidelines” section on page 38 of this guidebook for screening recommendations.

Because cervical cancer affects so many women, the Arkansas BreastCare Program includes cervical cancer screening services for Arkansas women over 40 who are uninsured or underinsured. The program emphasis is on early detection and treatment of cervical cancer.

Eligibility:

- Women 40 years of age or older
- Income at or below 200 percent of the federal poverty level
- No health insurance or insurance that does not cover Pap tests
- Arkansas residents only

Procedures and Enrollment:

- Call toll-free 1-877-670-CARE.
- The call center takes calls Monday through Friday between 7 a.m. and 5 p.m.
- Operators determine program eligibility, make Pap test and pelvic exam appointments and make referrals to BreastCare providers.

- If results are abnormal, further tests and follow-up care are provided.
- Treatment for cervical cancer is available for women who qualify under the program and have received a diagnosis of cervical cancer with only a small co-payment required.

Services Include (but are not limited to):

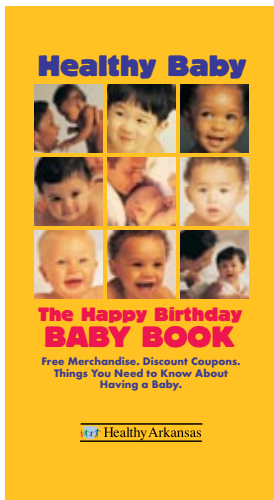
- Pap smears
- Pelvic exams
- Physician consultations
- Colposcopy
- Cervical biopsies
- Surgery
- Chemotherapy and radiation (if needed)
- Additional testing and treatment

Prenatal Care

Good prenatal care can make the difference between a healthy baby and one that may have problems that can last a lifetime. Prenatal care should begin as soon as a woman finds out she is pregnant and continue throughout her pregnancy at regular intervals as recommended by her doctor.

Healthy Baby, a program of the Healthy Arkansas initiative, focuses on the importance of early and continuous prenatal care to pregnant women and their babies.

The program offers information about pregnancy, breastfeeding, immunizations, well-child checkups and more.



Program Features and Services

- Women who enroll in the program receive a free *Happy Birthday Baby Book*.
- The *Happy Birthday Baby Book* is filled with important information about each month of pregnancy, breastfeeding, childhood nutrition and immunization, emergency numbers, WIC Special Supplemental Nutrition Program for Women, Infants and Children, parenting tips, valuable coupons for food and baby products, as well as regional phone numbers to help you find obstetricians, pediatricians and family practice doctors in your area.
- On each prenatal visit, coupons from the book are validated by the healthcare provider for redemption at local businesses.



Eligibility

- Expectant mother
- Arkansas resident

Enrollment

- Call 1-800-235-0002 or visit www.HealthyArkansas.com for program details and to request your *Happy Birthday Baby Book*.



Gov. Mike Huckabee, 2004, after completing his first 5K.

For Men

Staying Healthy at Any Age

What can you do to stay healthy and prevent disease? You can get certain screening tests, take medicine if you need it to decrease the risk of illness and practice healthy behaviors.

Top health experts from the U.S. Preventive Services Task Force suggest that when you go for your next checkup, talk to your doctor or nurse about how you can stay healthy no matter what your age.

Screening Tests: What You Need and When

Screening tests can find diseases early when they are easier to treat. Some men need certain screening tests earlier, or more often, than others. Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often.

The Task Force has made the following recommendations about which screening tests you should have.

- **Cholesterol Checks:** Have your cholesterol checked at least every five years, starting at age 35. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.

- **Blood Pressure:** Have your blood pressure checked at least every two years.
- **Colorectal Cancer Tests:** Begin regular screening for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. How often you need to be tested will depend on which test you have.
- **Diabetes Tests:** Have your blood sugar measured at intervals suggested by your doctor.
- **Depression:** If you've felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things for two weeks straight, talk to your doctor about whether he or she can screen you for depression.
- **Sexually Transmitted Diseases:** Talk to your doctor to see whether you should be screened for sexually transmitted diseases, such as HIV.



Should You Take Medicines to Prevent Disease?

- **Aspirin:** Talk to your doctor about taking aspirin to prevent heart disease if you are older than 40, or if you are younger than 40 and have high blood pressure, high cholesterol, diabetes or if you smoke.
- **Immunizations:** Stay up-to-date with your immunizations:
 - Have a flu shot every year starting at age 50
 - Have a tetanus-diphtheria shot every 10 years
 - Have a pneumonia shot once at age 65 (you may need it earlier if you have certain health problems, such as lung disease)
 - Talk to your doctor to see whether you need hepatitis B shots

What Else Can You Do to Stay Healthy?

- **Don't Smoke.** If you do smoke, talk to your doctor about quitting. You can take medicine and get counseling to help you quit. Make a plan and set a quit date. Tell your family, friends and co-workers you are quitting. Ask for their support.
- **Eat a Healthy Diet.** Eat a variety of foods, including fruit, vegetables, animal or vegetable protein (such as fish, chicken, eggs, beans, lentils or tofu) and grains (such as rice). Limit the amount of saturated fat you eat.

- **Be Physically Active.** Walk, dance, ride a bike, rake leaves or do any other physical activity you enjoy. Start small and work up to a total of 20-30 minutes most days of the week.
- **Stay at a Healthy Weight.** Balance the number of calories you eat with the number you burn off by your activities. Remember to watch portion sizes. Talk to your doctor if you have questions about what or how much to eat.
- **Drink Alcohol Only in Moderation.** If you drink alcohol, have no more than two drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Screening Test Checklist

Talk to your doctor about when you should have these tests next, and note the month and year in the right-hand column.

Also, talk to your doctor about which of the other tests listed below you should have *in the future*, and when you need them.

	The last time I had the following screening test was: (month/year)	I should schedule my next test for: (month/year)
Cholesterol		
Blood pressure		
Colorectal cancer		
Sexually transmitted diseases		
Prostate cancer		

More Information

For more information on prostate screening, visit www.cdc.gov/cancer/prostate/decisionguide.

For more information on men's health, you can order free publications in the Put Prevention Into Practice (PPIP) program from the Agency for Healthcare Research and Quality. Call the AHRQ Publications Clearinghouse at 1-800-358-9295 or find them at www.ahrq.gov/clinic/ppipix.htm.



For Children



Keeping Kids Healthy

Healthy children mean healthier families. When children don't have a primary care doctor or health insurance, it means more visits to emergency departments and sicker kids.

The good news is that Arkansas has a program called ARKids First that is a health insurance program for kids through age 18 who are without health insurance. ARKids covers most routine visits to the doctor, provides vision benefits and other medical services. The ARKids First eligibility counselor can provide additional information about services.

Children must qualify based on family income, but eligibility determination is easy. Simply call toll-free 1-888-474-8275 (English) or 1-800-482-8988 (Spanish).

ARKids 1st

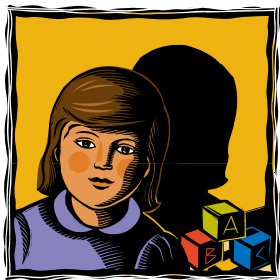
ARKids First is a state sponsored health insurance program specifically for children without medical insurance. There are two programs – ARKids “A” and ARKids “B.”

ARKids A

- Offers low-income families a comprehensive package of benefits
- There are no deductibles, premiums or co-payments for ARKids A coverage

ARKids B

- Provides coverage for families with higher incomes
- There are no deductibles or premiums, but you may be asked to make a small co-payment – usually \$10 – when you visit the doctor





Your child will need a primary care doctor in ARKids First.

- ConnectCare is a network of primary care doctors and dentists who participate in the ARKids First program.
- ConnectCare links Medicaid and ARKids First participants to a primary care physician who coordinates care.
- For a list of participating ConnectCare doctors, call 1-800-275-1131.

Eligibility

Visit www.ARKidsFirst.com, check with your local DHHS office for eligibility guidelines or call toll-free 1-888-474-8275 (English) or 1-800-482-8988 (Spanish).

WIC Nutrition Program

Helping assure the health and nutritional needs of women and children has always been a priority in Arkansas. The *Women, Infants and Children Program*, or *WIC* program, provides food, nutrition education or counseling and access to health services to eligible clients.

The WIC program includes women who are pregnant or are breastfeeding, women who have recently given birth and infants and children up to age five.

WIC, which is available at every local county health unit, serves approximately 90,000 Arkansas women, infants and children each month who are identified as being at nutritional risk.

- The WIC program provides food checks that participants use at WIC authorized grocery stores.
- Participants receive food checks that allow them to purchase a monthly food package designed to supplement their diets. Each food check lists the foods and quantities that can be purchased.
- WIC foods include iron-fortified infant formula and infant cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese and peanut butter or dried beans or peas.
- Women that breastfeed and do not use infant formula receive an enriched food package for themselves to help ensure good nutrition.

Eligibility

- Pregnant women
- Breastfeeding women, or women who have just given birth
- Infants and children up to age five
- Program participants must meet income guidelines, live in Arkansas and be individually determined to be at “nutritional risk” by a health professional
- Applicants’ income must fall below 185 percent of the U.S. Poverty Income Guidelines or be eligible for Medicaid, ARKids First, TEA or Food Stamps.

WIC Farmer’s Market Nutrition Program (WIC FMNP)

The goal of the WIC Farmer’s Market Nutrition Program is to provide fresh, nutritious, unprepared food, such as fruits and vegetables to WIC participants who are at nutritional risk, and to expand consumers’ awareness and use of farmer’s market. The program provides coupons to WIC participants that they can use to purchase fresh fruits and vegetables at participating farmer’s markets.

Contact Information

Information about WIC can be obtained from any local county health unit from 8:00 a.m. and 4:30 p.m., Monday through Friday or by contacting the State WIC Office at 1-800-482-5400 or 1-800-235-0002.

WIC Breastfeeding

WIC Breastfeeding is part of the Arkansas WIC program. Its goal is to promote and support breastfeeding statewide.

Why Does Arkansas WIC Promote Breastfeeding?

- Breastfed babies have fewer allergies, less constipation or diarrhea and fewer upset stomachs.
- Babies who receive breast milk for the first 4 months of life have 50 percent fewer ear infections than infants who receive formula.
- It is especially beneficial to give the baby only breast milk during the first 6 months of life while the stomach and bowel are maturing.
- The breastfeed mother also benefits. Women who breastfeed lower their risk of ovarian and breast cancer.
- Adults who were breastfed as infants have less risk of developing diabetes and heart disease.

What Services are Available?

The Breastfeeding Helpline, 1-800-445-6175, is answered 8:00 a.m. to 4:30 p.m. Monday through Friday.

Mothers and health professionals can ask questions about breastfeeding problems, medications and other breastfeeding issues. Other services include:

- Pamphlets and educational materials
- Breast pumps for WIC mothers
- Educational training and conferences

Contact Information

- Call 1-800-445-6175 or 501-661-2905
- Visit www.HealthyArkansas.com/breastfeeding/wic_about

Immunizations

Keeping your children's immunizations up-to-date is an important part of assuring their health and well-being.

Take the time to check the immunization chart below and follow-up with your child's healthcare provider if you have questions. You can also go to www.HealthyArkansas.com for more information about immunizations.

Early Childhood Immunization Schedule

Recommended Immunization Schedule As of June 2005	AGE						
	Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months
Diphtheria/Tetanus/Pertussis (DTaP)			X	X	X		X
Polio			X	X	X		
Measles/Mumps/Rubella (MMR)						X	
Haemophilus Influenzae type B (Hib)			X	X	X	X	
Hepatitis B	X	X			X		
Varicella (Chickenpox)						X	
Pneumococcal Conjugate			X	X	X	X	

Children should receive influenza immunizations based on their healthcare provider's recommendation.

Source: Arkansas Department of Health and Human Services

Daycare Rules and Regulations about Immunization

To protect children in daycare programs, all children should be immunized against the following diseases or obtain an exemption within fifteen (15) program days after admission to the childcare facility:

- Poliomyelitis
- Diphtheria
- Tetanus
- Pertussis (Whooping Cough)
- Red (Rubeola) Measles
- Rubella (German Measles)
- Mumps
- *Haemophilus influenzae* type B (prevents meningitis)
- Hepatitis B (prevents liver viral infections and liver cancer)
- Varicella (chickenpox)



K-12 Rules and Regulations about Immunization

To protect children in kindergarten through 12th grade, children should be immunized against the following diseases or obtain an exemption within thirty (30) program days after the start of school:

- Poliomyelitis
- Diphtheria
- Tetanus
- Pertussis (Whooping Cough)
- Red (Rubeola) Measles
- Rubella (German Measles)
- Mumps
- Hepatitis B (prevents liver viral infections and liver cancer)
- Varicella (chickenpox)



Child Safety

Keeping our children safe is everyone's job. That's why the Arkansas Department of Health and Human Services and Arkansas Children's Hospital have traditionally co-sponsored the Arkansas National SAFEKIDS Coalition.

SAFEKIDS distributes information about bicycle safety, wearing helmets, swimming safety, safety in the home, toy safety, child restraint in vehicles and much more. Call your state or local chapter to find out about events and concerns in your area.

SAFEKIDS Arkansas State

Arkansas Department of Health and Human Services
& Arkansas Children's Hospital
4815 W. Markham St., Slot #17
Little Rock, AR 72205
501-280-4776 or 501-364-6442

SAFEKIDS Northeast Arkansas

Safe Jonesboro Coalition
1413 Market Place Drive, Suite D
Jonesboro, AR 72401
870-931-1111

SAFEKIDS White County

White County Medical Center
3214 E. Race St.
Searcy, AR 72143
501-305-9137

Arkansas Child Restraint Law

Arkansas has a primary enforcement law, covering children under the age of 15 years in any seating position in a passenger vehicle, van or pickup truck.

- Children six years of age and under, or children weighing under 60 pounds, must ride restrained in an appropriate child safety seat.
- Children older than six, or over 60 pounds, must ride using a seat belt. A child may ride in a belt positioning booster seat until they fit into the adult lap and shoulder belt.
- A child should never ride in the back of a pickup truck.

The driver is responsible for complying with the law, regardless of whether or not he/she is the child's parent or guardian.

The violator will be fined not less than \$25 or more than \$100.

This law applies to every driver who transports a child under 15 years of age in a passenger automobile, van or pickup truck, other than one operated for hire, which is registered in this or any other state.

Contact the Arkansas State Police at 501-618-8000 for more information.

Helmets and Bicycles

Wearing bicycle helmets has been shown to reduce the risk of head injury by 85 percent and the risk of brain injury by almost 90 percent. Make it a family rule – No helmet, No ride!

All Terrain Vehicles

While riding all terrain vehicles (ATV) can be a fun recreational activity, they represent a great danger to children when operated incorrectly.

- ATVs are the most common cause of serious childhood injury in Arkansas.
- The highest risk group by far is males under the age of 16.
- The most common injuries associated with ATV crashes are to the head, face and spine. Skull fractures, facial fractures, brain injuries, coma, paralysis and spinal cord injuries are examples of the injuries seen.

Young people are most often injured because of:

- No helmet use
- Carrying one or more passengers
- Lack of mature judgment, inadequate strength and coordination
- The ATV being too big for the child's size or age

In Arkansas, ATVs may not be driven on public roads, and children under 12 years of age may not operate an ATV without adult supervision.

Arkansas Poison Control Center

Always store household cleaners, medicines and vitamins out of reach of young children. Use childproof locks wherever chemicals are stored, even when they are out of reach. Should a child get into a household chemical or other potentially toxic item, contact the Arkansas Poison Control HOTLINE immediately.

The Poison Control Center's HOTLINE number is

1-800-3POISON
(1-800-376-4766)

The Poison Control Center HOTLINE is staffed by the College of Pharmacy at UAMS, 24 hours a day, seven days a week.

Smoke Detectors

The chances of dying in a fire are cut in half by the presence of a working smoke detector.

Install smoke detectors:

- On every level of your home
- Inside each bedroom
- Outside each bedroom area

Test your smoke detector once a month and change the batteries at least once a year.

Safe Hot Water Heater Temperatures

Children's skin is more sensitive to hot water than adult's skin. Hot water from a bathtub, kitchen sink or bathroom faucet can scald a child and cause serious burns in just a few seconds.

One way to prevent hot water burns in your home is to make sure your water heater is set on the right temperature.

- Water heaters should be set no higher than 120° F to prevent scald burns.
- If your water heater does not have a degrees control, set your water heater at low or warm.

Product Recalls & Complaints

To register a product complaint or get information on product recalls call the United States Consumer Product Safety Commission HOTLINE at 1-800-638-CPSC.

If you have a product complaint or want to report a product-related injury, you will speak directly to a HOTLINE operator. The HOTLINE staff is available between 8:30 a.m. and 5:00 p.m. eastern time, Monday through Friday, except holidays.



Childhood Hearing Screening

Three of every 1,000 Arkansas newborns will be born with significant hearing loss. And for most, there are no known signs or risk factors for the condition.

That's why the *Healthy Hearing Program* was developed. The program goals are to:

- Screen all newborns before they leave the hospital.
- Evaluate those who test positive for hearing loss by age 3 months.
- Make certain they are receiving services before 6 months of age.

Testing Infant Hearing

- There are two widely used screening methods that are highly reliable and painless.
- In both methods a soft sound is transmitted into the baby's ear via a tiny, specially designed earphone.
- A machine then measures the baby's response to the sound.

Information for Families

- The *Infant Hearing Resource Guide* is an important guide for Arkansas families whose infants or toddlers have been diagnosed with hearing deficits.
- Information includes state and national support organizations, service clubs and financial assistance options in this free, comprehensive publication. The booklet also covers terminology, communication choices, how to deal with emotions and information about hearing and hearing loss.

Contact

- Call *Healthy Hearing* at the Arkansas Department of Health and Human Services, 1-800-235-0002 or go to www.HealthyArkansas.com for more information.

BMI Screening For Youth

Childhood obesity in our country and in Arkansas has reached epidemic proportions. Overweight children are more likely to develop diabetes, high blood pressure and heart disease, as well as to become overweight adults.

All public schools are required to include, as part of each student's health report to parents, an annual body mass index (BMI) percentile.

- In children and teens, body mass index is used to assess underweight, overweight and risk for becoming overweight based on height, weight, gender and age. Unlike for adults, BMI for children and young adults under 20 is calculated periodically and tracked over time based on age specific charts.
- Results of the 2004 Body Mass Index (BMI) screenings in Arkansas public school children show that 38 percent of Arkansas children could have a weight problem, and that is cause for concern.

To help parents understand BMI testing in children and answer frequently asked questions, Healthy Arkansas has produced a free brochure entitled *Understanding BMI Index: A Tool Kit for Parents*. The brochure can be accessed and downloaded on the Healthy Arkansas website at www.arkansas.gov/ha in the "Materials" section or requested by calling Healthy Arkansas at 1-800-235-0002.

Contact

To learn more about BMI for children and teens visit The Centers for Disease Control and Prevention website at www.cdc.gov or the Arkansas Center for Health Improvement website at www.ACHI.net.



For Older Adults (50 Years +)

Special Needs for Older Adults

People in the United States enjoy a relatively long life span compared to many other countries in the world. According to the Centers for Disease Control and Prevention, average life expectancy of an American child born in 2005 is around 77.2 years⁵. Many people live healthy lives far beyond this.

As we age, our nutritional and physical activity needs change. It's a good idea to talk to your doctor about specific needs that are appropriate for your age and lifestyle.

Water & Liquids

Water and liquids are needed every day. As you get older you may have less sensitive sensations of thirst and may be more likely to become dehydrated. Vital organs like the kidneys, brain and heart can't function without a certain minimum of water and salt.⁶

- Drink eight, 8-ounce glasses of water or beverages such as fruit or vegetable juice, low-fat or non-fat milk or reduced sodium soup each day.
- Alcoholic beverages should not count towards your water/liquid goal.

Vitamin D, Calcium and Vitamin B-12

As an older adult, you need to make sure you are getting enough calcium, vitamin D and vitamin B-12. You need higher levels of calcium and vitamin D to keep your bones strong.

- Non-fat or low-fat milk is a good source of calcium and vitamin D.
- Eat vitamin B-12 fortified foods such as breakfast cereals or supplements.
- Exposure to direct sun light for about 15 minutes each day will help your body produce the vitamin D you need.

Alzheimer's Disease

Alzheimer's disease is associated with aging. Alzheimer's disease usually begins by slowly affecting the brain.

- Alzheimer's disease causes a person to forget recent events or familiar tasks.
- How rapidly it advances varies from person to person.
- Eventually, Alzheimer's disease causes confusion, personality and behavior changes and impaired judgment.

There is no cure for Alzheimer's disease. However, medical professionals are gaining a better understanding of the disease from research. This understanding has lead to advances in treatments that are improving the quality of life for individuals

⁵ www.cdc.gov

⁶ www.quickcare.org/gast/dehydrate.html

with Alzheimer's. In some cases, the progression of the disease may have been slowed.

How is Alzheimer's Disease Diagnosed?

There is no single diagnostic test for Alzheimer's. A doctor or team of specialists can reliably diagnose the disease with a series of tests.

What are Other Causes of Alzheimer-like Symptoms?

Some of the warning signs of Alzheimer's disease may be symptoms of other disorders like depression, nutritional problems, drug interactions, small strokes or other medical issues. Some of these disorders can be treated effectively. Therefore, it is important to seek a diagnosis.



Resources

Arkansas Memory Research Center

Donald W. Reynolds Institute on Aging
4801 W. Markham St.
Little Rock, AR 72205

Alzheimer's Arkansas

Monday - Friday, 8:30 a.m. - 4:30 p.m.
10411 W. Markham St., Suite 130
Little Rock, AR 72205
501-224-0021 or 1-800-689-6090 (Outside Pulaski County)
For immediate caregiver assistance after hours, call our "Care Phone" at 501-913-1878.
www.alzark.org

Arkansas Alzheimer's Association

Western Arkansas Regional Office
320 N. Greenwood Ave.
Fort Smith, AR 72901
Helpline(s): 1-800-272-3900 **Telephone:** 479-783-2022
www.alzokar.org

Central Arkansas Regional Center

Parkview Medical Center
One St. Vincent Circle, Suite 140
Little Rock, AR 72205
Helpline(s): 1-800-272-3900 **Telephone:** 501-265-0027
www.alzokar.org

Arthritis

Arthritis is a label for many diseases and conditions that affect joints and the tissues that surround the joints.

Signs and Symptoms

- The pattern, severity, and location of arthritis symptoms can vary.
- Typically, arthritis is characterized by pain and stiffness in and around one or more joints.
- The symptoms can develop gradually or suddenly.
- Certain arthritic conditions can also involve other internal organs of the body.

Treatment

The focus of the treatment for arthritis is to control pain, minimize joint damage, and to improve or maintain function and quality of life.

Treatment of Arthritis Might Involve:

- Medication
- Physical or occupational therapy
- Splints or joint assistive aids
- Patient education and support
- Weight loss and surgery

Early diagnosis and appropriate management of arthritis, including self-management activities, can help to decrease pain, improve function, and lower health care costs. Key self-management activities include the following:

- See your doctor
- Learn what you can do
- Be physically active
- Watch your weight
- Protect your joints



Resources

The *Arkansas Arthritis Health Program* is working to increase public awareness, Education and resource information about arthritis in an effort to bring a better quality of life to Arkansans.

Physical activity has an important and beneficial effect on arthritis pain and associated disability. The *Arkansas Arthritis Health Program* includes the communication campaign “Physical Activity, the Arthritis Pain Reliever.” This campaign raises awareness of physical activity as a way to manage arthritis pain and increase function.

For more information, contact the *Arkansas Arthritis Health Program* at 1-800-235-0002 or visit www.HealthyArkansas.com or the Arthritis Foundation at www.arthritis.org.

Osteoporosis

Osteoporosis is a disease that thins and weakens the bones, making them break more easily. Most breaks occur in bones in the hip, backbone (spine) and wrist. Osteoporosis is often called the “silent disease.” Until a bone breaks, you may be unaware that your bones have been losing strength over many years.

Signs and Symptoms

- Do you think you are getting shorter as you age?
- Have you broken a bone since turning 60?

If you answered “yes”, it may be a sign of osteoporosis. There are several kinds of tests to measure bone density. Ask your doctor about these tests if you think you are at risk for osteoporosis, or if you are a woman around the age of menopause or older.

Treatment

The treatment of osteoporosis aims to stop bone loss and rebuild bone in order to prevent broken bones. Along with making life-style changes that can aid in the prevention of osteoporosis, several medications are available. Talk with your doctor or health professional to see if one of these is right for you.

Prevention

- Eat a diet rich in calcium and vitamin D:
 - Milk that is fortified with vitamin D is a good source of this nutrient.
 - Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.
 - Exposure to direct sun light for 15 minutes each day helps your body make the vitamin D you need.
- Include regular weight-bearing activities in your lifestyle.



Resources

Bone Health and Osteoporosis:

A Report of the Surgeon General

www.hhs.gov/surgeongeneral/library/bonehealth

Centers for Disease Control and Prevention

www.cdc.gov/nccdphp/dnpa/bonehealth

National Institutes of Health:

Osteoporosis and Related Bone Diseases -

National Resource Center

www.osteoporosis.org

National Osteoporosis Foundation

www.nof.org

Bone Builders

www.bonebuilders.org

If you do not have Internet access at home, go to your local public library.

Driver Safety Courses

Keeping Arkansas' older adults safe on the roads and highways is important. For some older adults, physical limitations can have a profound impact on their ability to be safe behind the wheel.

The American Association of Retired Persons (AARP) has an online test that allows older drivers to see if their driving skills need brushing up. Find it at www.aarp.org/families/driver_safety.

Warning Signs

The AARP also offers a list of warning signs when someone should begin to limit driving or stop altogether, including:

- Feeling less comfortable and more nervous or fearful while driving
- Difficulty staying in the lane of travel
- More frequent “close calls” (i.e. almost crashing)
- More frequent dents, scrapes, on the car or on fences, mailboxes, garage doors, curbs etc.
- Trouble judging gaps in traffic at intersections and on highway entrance/exit ramps
- Other drivers honking at you more often; more instances when you are angry at other drivers
- Friends or relatives not wanting to ride with you
- Getting lost more often

- Difficulty seeing the sides of the road when looking straight ahead (i.e. cars or people seem to come “out of nowhere”)
- Trouble paying attention to or violating signals, road signs and pavement markings
- Slower response to unexpected situations; trouble moving foot from gas to brake pedal, or confusing the two pedals
- Easily distracted or find it hard to concentrate while driving
- Hard to turn around to check over shoulder while backing up or changing lanes
- Medical conditions or medications that may be increasingly affecting your ability to handle the car safely
- More traffic tickets or “warnings” by traffic or law enforcement officers in the past few years

If you notice one or more of these warning signs you may want to have your driving assessed by a professional, or attend a driver refresher course. These courses have many benefits for older adults:

- Lower auto insurance premiums. Auto insurance companies in most states provide a multi-year discount to AARP graduates
- Fewer fender-benders, tickets and wrecks



- Greater peace-of-mind

You may also want to consult with your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive.

Younger driver violations are usually for speeding, reckless driving and DWI offenses. For older adults, failure to yield right-of-way, improper turning, and incorrect lane changing are typical violations.

Because our reflexes slow down as we age, older drivers have problems in driving situations that require quick response, full vision and interaction with other drivers. Taking a refresher driving course helps older adults learn ways to overcome age-related driving risks.

Find a Class Near You

- Use the Driver Safety course locator at the AARP website. You do not have to be a member of AARP to use the site or to take a class.

- www.aarp.org/families/driver_safety
- Call **1-888-AARP-NOW** at 1-888-227-7669

Community Resources

One of the wonderful things about living in Arkansas is that the state offers a host of trails, lakes, parks and community centers that can help you get a good start on healthier living. There are also free or low cost programs, classes, counseling and resources that are available to people interested in improving their health and living a healthier lifestyle.

In this *Community Resources* section you will find a brief listing of some of those resources located in every county in Arkansas. Space limitations do not allow a detailed listing, however, you can find a more comprehensive list on the Healthy Arkansas website (www.arkansas.gov/ha) in the “Community Resources” and “Walking Trails” section.⁷



Resources in this section are organized alphabetically by county. For each county you will find listings for organizations and locations that offer:

- Nutrition classes and counseling
- Physical activity opportunities and venues
- Walking trails
- Smoking cessation programs

If you have information about additional resources that you would like to have added to the online list, please contact Healthy Arkansas at 501-280-4168 or e-mail cholland@healthyarkansas.com.

This guidebook is not intended to offer medical advice or replace counsel from a qualified health professional. If you ever have a health issue, please consult your physician.

⁷ Resources listings were compiled over the course of 12 months by Arkansas Department of Health staff and Hometown Health Coalitions and are not assumed to be complete or inclusive.



COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Arkansas County

Name	Program	City	Phone
Arkansas National Post	Walking Trail	Gillett	870-548-2207
City of DeWitt	Swimming	DeWitt	870-946-1776
City of Stuttgart	Reinsch Sports Complex	Stuttgart	870-673-3535
City Walking Trail	Walking Trail	Stuttgart	870-673-3535
City Walking Trail	Walking Trail	DeWitt	870-946-1776
Cooperative Extension	Diabetes Support Group, Exercise, Nutrition	DeWitt	870-946-3231
Cooperative Extension	Diabetes Support Group, Exercise, Nutrition	Stuttgart	870-673-6111
DeWitt Health Unit	Walking Trail	DeWitt	870-946-2934
J.B. Bryant Park	Basketball	Stuttgart	870-673-1971
John Cain Park	Exercise	Stuttgart	870-673-1971
Marysack Lake Park	Softball, Recreation	Tichnor	
Mid-Delta Health Systems	Tobacco Cessation	Clarendon	870-747-3381
Phillips Community College	Exercise Classes	Stuttgart	870-673-4201
Phillips Community College	Exercise Classes, Walking Trail	DeWitt	870-946-3506
Stuttgart Health Unit	Walking Trail	Stuttgart	870-673-1609
Stuttgart Medical Clinic	Weight Management	Stuttgart	870-673-7211
Stuttgart Regional Medical Center	Diabetes Support Group	Stuttgart	870-673-3511

Ashley County

Name	Program	City	Phone
Ashley Co. Medical Center	Diabetes Clinic, Diabetes Cooking Classes	Crossett	870-364-4111
Boys & Girls Clubs	Athletics	Hamburg	870-853-4470
City Park	Tennis	Hamburg	870-853-5300
Cooperative Extension	Nutrition, Reshape Yourself, Strong Women	Crossett	870-853-2080
Cooperative Extension	Nutrition	Hamburg	870-853-2080
City of Crossett	Swimming	Crossett	870-364-4825
Crossett High School	Tennis	Crossett	870-364-2625

Baxter County

Name	Program	City	Phone
Cooperative Extension	Nutrition & Exercise	Mountain Home	870-425-2335
Community Center	Dancing	Mountain Home	870-492-6330
Cooper Park	Baseball, Tennis	Mountain Home	870-424-9311
Hickory Park	Walking Trail, Playground	Mountain Home	870-424-9311
L.C. Sammons Youth Center	Gym, Rock Climbing Wall, Skate Park	Mountain Home	870-424-7275
Mountain Home City Pool	Swimming, Water Aerobics	Mountain Home	870-425-7477
Twin Lakes Park (Rossi Park)	Baseball, Soccer	Mountain Home	870-424-9311
Van Matre Senior Center	Dancing, Exercise Equipment, Low-impact Aerobics	Mountain Home	870-424-3054

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Benton County

Name	Program	City	Phone
Area Agency on Aging	Senior Nutrition Program	Bentonville	479-273-9424
Benton County 4H Foundation	Youth Programs	Bentonville	479-271-1060
Boys & Girls Club of Benton Co.	Youth Programs	Bentonville	479-273-7187
Boys & Girls Club of W. Benton Co.	Youth Programs	Siloam Springs	479-524-4174
Community Education & Enrichment	Health Programs	Bentonville	479-619-4148
Cooperative Extension	Nutrition Education, Physical Activity	Bentonville	479-271-1060
Drug Free Rogers/Lowell	Tobacco Education	Rogers	479-631-7263
Gravette Youth Sports Program	Physical Activity	Gravette	479-795-2535
John Brown University	Physical Activity/Education	Siloam Springs	479-524-3131
Northwest AR Community College	Physical Activity/Education	Bentonville	479-636-9222
Poplar House Clinic	Health/Nutrition Education	Rogers	479-936-2991
Rogers Activity Center	Health/Nutrition Education, Physical Activity	Rogers	479-631-0336
Senior Center, OHC	Health Program, Meals on Wheels, Physical Fitness	Rogers	479-636-7301
St. Francis Clinic	Health/Nutrition Education	Siloam Springs	479-524-9550

Boone County

Name	Program	City	Phone
AHEC - Boone County Coalitions	Tobacco Cessation	Harrison	870-391-3367
AR Foundation for Medical Care	Tobacco Cessation	Harrison	870-391-3529
Tobacco Free Boone County	Tobacco Education	Harrison	870-391-3526

Bradley County

Name	Program	City	Phone
Bradley County HHI	Fitness Education	Warren	870-226-2404
Bradley County Medical Center	Diabetes Cooking & Support Group, Smoking Cessation	Warren	870-226-3731
Cooperative Extension Office	Reshape Yourself, Walk Across Arkansas	Warren	870-226-8410
Warren City Park	Walking	Warren	
Warren YMCA	Water Aerobics, Senior Fitness, People with Arthritis Can Exercise (PACE)	Warren	870-226-2404

Calhoun County

Name	Program	City	Phone
Calhoun County Park	Softball	Hampton	870-798-4350
City of Hampton Baseball Park	Baseball	Hampton	870-798-4049
Cooperative Extension	Agriculture, Family, Consumer, 4-H	Hampton	870-798-2231
Hampton City Park	Exercise Equipment, Walking Trail	Hampton	870-798-4049

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Calhoun County continued

Name	Program	City	Phone
Hampton High School East Lab	Fitness Program	Hampton	870-798-3580
Senior Nutrition Center	Meals on Wheels	Hampton	870-798-2742
Senior Nutrition Center	Meals on Wheels	Thornton	870-352-7099
Woodberry Park	Walking Trail	Hampton	870-798-4818

Carroll

Name	Program	City	Phone
Berryville Community Center	Dance, Gymnastics, Martial Arts, Walking	Berryville	870-423-3139
St. John's Hospital	Diabetes Support Group, Smoking Cessation	Berryville	870-423-3355

Chicot County

Name	Program	City	Phone
Chicot Memorial Hospital	Diabetes Self Mgmt. & Support Group Obesity Program	Lake Village	870-265-5351
Community Health Center	Education	Dermott	870-538-3355
Delta AHEC	BMI Screening, Physical Activity Health Screenings, Tobacco Cessation	Lake Village	
Mainline Health Systems	Tobacco & Nutrition Education, Physical Activity	Dermott	870-538-3355

Clark County

Name	Program	City	Phone
Central Park	Playgrounds, Walking Trail	Arkadelphia	870-246-5499
Dawson Educational Cooperative	Smoking Education Programs	Arkadelphia	870-246-3070
Feaster Park	Playgrounds, Softball, Walking Trail	Arkadelphia	870-246-5499
Ouachita River Park	Playgrounds, Softball, Walking Trail	Arkadelphia	870-246-5499
Senior Adult Center	Exercise Facilities	Arkadelphia	870-246-9871

Clay County

Name	Program	City	Phone
City of Corning	Swimming	Corning	870-857-6001
City of Piggott	Swimming	Piggott	870-598-3791
Civil War Park	Walking Trail	Piggott	870-598-2267
Corning Community Center	Gym	Corning	870-857-6378
Family Medical Clinic	Diabetes Support Group, Tobacco Cessation	Corning	870-857-3399
Heritage Park	Walking Trail	Piggott	870-598-5884
Piggott Community Center	Gym	Piggott	870-598-5884
Piggott Hospital	Diabetes Support Group	Piggott	870-598-3241
Rector Community Center	Gym	Rector	870-595-2188
Wellness Center	Exercise, Diabetes Classes, Agency on Aging	Corning	870-857-6378

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Cleburne County

Name	Program	City	Phone
Baptist Medical Center	Diabetes Self Management Program	Heber Springs	501-206-3000
Christian Health Clinic	Smoking Cessation	Heber Springs	501-362-2252
City of Heber Springs	Walking Trail	Heber Springs	
Senior Citizens Center	Exercise Program	Heber Springs	501-352-2413

Cleveland County

Name	Program	City	Phone
Cooperative Extension	Reshape Yourself, Walk Across Arkansas	Rison	870-325-6321

Columbia County

Name	Program	City	Phone
Area Agency on Aging	Meals on Wheels, Tai-Chi, Nutrition Education	Magnolia	870-234-6751
Boys & Girls Club	Baseball, Football, Soccer	Magnolia	870-234-3300
Columbia County Nutrition Center	Meals on Wheels, Nutrition Education	Magnolia	870-901-0042
Cooperative Extension Office	Nutrition Education, Diabetic Cooking Classes, Reshape Yourself	Magnolia	870-235-3720
Magnolia Housing Authority	Senior Walking Program	Magnolia	870-234-5540

Southern Arkansas University	Baseball, Exercise Facilities, Swimming, Tennis, Track, Water Aerobics	Magnolia	870-235-4000
Southwest Arkansas CDC	Tobacco Cessation	Magnolia	870-234-3700

Conway County

Name	Program	City	Phone
Morrilton City Park	Walking	Morrilton	479-354-2454
Conway Co. Community Center	Swimming	Morrilton	501-354-4122
Menifee Senior Center	Exercise	Menifee	501-354-9962
Morrilton City Park	Baseball, Football, Soccer, Swimming, Tennis, Walking	Morrilton	479-354-2454
Oppelo City Park	Walking	Morrilton	
Petit Jean State Park	Walking	Morrilton	501-727-5441
St. Anthony's ElderCare	Home Delivered Meals	Morrilton	501-354-3512
St. Anthony's Health Care Center	Diabetes Menus	Morrilton	501-977-2300
T.C. Vaughn Senior Adult Center	Exercise, Senior Exercise, Walking Trail	Morrilton	501-354-0502

Craighead County

Name	Program	City	Phone
AHEC	Diabetes Education, Smoking Cessation	Jonesboro	870-972-1054
AR State University	Gymnastics	Jonesboro	870-972-3066
Area Agency on Aging	Exercise, Tai Chi, Water Aerobics	Jonesboro	870-972-5980
Craighead Forest Park	Basketball, Boating, Sports Fields, Walking Trail	Jonesboro	870-933-4604

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Craighead County continued

Name	Program	City	Phone
Earl Bell Community Center	Basketball, Baseball, Football, Climbing Wall, Soccer, Swimming, Tennis, Baseball, Walking Trail	Jonesboro	870-933-4604
Lake Frierson State Park	Walking Trail	Jonesboro	870-932-2615
NEA Clinic	Diabetes Counseling	Jonesboro	870-935-4150
Parker Park	Basketball, Football, Soccer, Walking Trail	Jonesboro	870-933-4684
Pop Stricklin Park	Track	Jonesboro	870-933-4604
Runway Park	Basketball, Sports Fields	Jonesboro	870-933-4604
SBMC Senior Life Center	Aerobics, Exercise	Jonesboro	870-933-2074
Southside Softball Complex	Softball	Jonesboro	
St. Bernards Medical Center	Diabetes Support Group	Jonesboro	870-972-4100
University Lions Park		Jonesboro	
YMCA	Aerobics, Basketball, Swimming	Jonesboro	870-932-8482

Crawford County

Name	Program	City	Phone
Alma Senior Center	Exercise Equipment, Walking Trail	Alma	479-632-3535
Boys & Girls Club	Baseball	Van Buren	479-474-9401
Cedarville Senior Center	Treadmill	Cedarville	479-474-5429
City of Alma	Swimming	Alma	479-632-4119

Cooperative Extension	Reshape Yourself, Up in Smoke	Van Buren	479-474-5286
Crawford Co. Agri. Extension Office	Up in Smoke	Van Buren	479-474-5286
Crawford Memorial Hospital	Diabetes Classes	Van Buren	479-474-3401
Mountainburg Senior Center	Treadmill	Mountainburg	479-369-2643
City of Van Buren	Swimming	Van Buren	479-474-4614
Mulberry Senior Center	Treadmill	Mulberry	479-997-1901
Van Buren City Park	Walking Trail	Van Buren	479-471-5004
Van Buren Senior Inn	Exercise Equipment	Van Buren	479-474-1541

Crittenden County

Name	Program	City	Phone
Boys Club	Soccer	West Memphis	870-735-1658
City of Earle	Skate Board Park	Earle	870-792-8909
City of Marion	Recreational Complex	Marion	870-739-5410
Franklin Park	Basketball, Playground	West Memphis	870-732-7520
Grimsley Park	Basketball, Playground, Tennis	West Memphis	870-732-7520
Hicks Park	Basketball, Playground	West Memphis	870-732-7520
Hightower Park	Basketball, Playground	West Memphis	870-732-7520
Howton Park	Basketball, Playground, Tennis	West Memphis	870-732-7520
Martin Luther King, Jr. Park	Basketball, Playground, Tennis	West Memphis	870-732-7520
Mathews Park	Baseball, Playground, Tennis	West Memphis	870-732-7520
Rowe Park	Basketball, Playground	West Memphis	870-732-7520
Sports Complex	Softball, Baseball, Tennis, Walking Trail	West Memphis	870-732-7520

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Crittenden County continued

Name	Program	City	Phone
Whitaker Field	Basketball, Playground	West Memphis	870-732-7520
Cooperative Extension Service	Reshape Yourself, Right Bite Cooking Classes	Marion	870-739-3239
Delta Research Education Development	Tobacco Education	West Memphis	870-732-1723
East AR Family Health Center	Tobacco Cessation	West Memphis	870-735-3842

Cross County

Name	Program	City	Phone
City of Parkin	City Park	Parkin	870-755-5491
City of Wynne	John H. Smith Memorial Park	Wynne	870-238-0027
City of Wynne	Softball, Baseball, Swimming, Tennis	Wynne	870-238-0027
Cooperative Extension	Eat Smart	Wynne	870-238-5745
Village Creek State Park	Camping, Hiking, Tennis, Basketball, Bicycle Rentals, Lake	Wynne	870-238-9406
Wynne Senior Citizen's Center	Exercise	Wynne	870-238-8304

Desha County

Name	Program	City	Phone
City of Fordyce	Walking Trail	Fordyce	870-352-3000
City of Sparkman	Walking Trail	Sparkman	870-678-2255
Fordyce Civic Center	Basketball, Volleyball, Walking Trail, Gym	Fordyce	870-352-3000
City of Dumas Parks	Playgrounds	Dumas	870-382-2121
Cooperative Extension Office	Healthy Weight for Arkansas, Reshape Yourself	Dumas	870-382-4785
Cooperative Extension Office	Healthy Weight for Arkansas, Reshape Yourself	McGehee	870-222-3972
Delta Area Health Education Centers	Tobacco Cessation	Dumas	870-382-2091
Desha County Hospital	Walking Track, MELD Program, Nutrition Education	McGehee	870-222-5600
Dumas Community Center	Tennis, Walking Track	Dumas	870-382-2245
Dumas School Track	Walking Track	McGehee	870-382-4151
Southeast AR Medical Center	Walking Track	Dumas	870-382-5350

Drew County

Name	Program	City	Phone
Adult Daycare Center	Exercise Classes	Monticello	870-460-9727
Area Agency on Aging	Exercise & Nutrition Classes	Monticello	870-367-9873
Cooperative Extension	Families First Nutrition, Food Stamp Nutrition Education, Heart and Soul, Reshape Yourself, Strong Women, Take 10!, Walk Across Arkansas	Monticello	870-460-6270

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Drew County continued

Name	Program	City	Phone
Drew Memorial Hospital	Diabetes Support Group	Monticello	870-367-2411
McCloy Park	Baseball, Soccer, Walking Trail	Monticello	870-367-4400
SEARK Educational Coop	Clear the Smoke Teen Summit	Monticello	870-367-6848
U of A at Monticello	Baseball, Exercise Facilities, Swimming, Tennis, Track	Monticello	870-460-1058

Faulkner County

Name	Program	City	Phone
City of Conway	Walking Track, Basketball, Racketball, Volleyball, Baseball, Playground	Conway	501-450-6186
City of Conway	Soccer	Conway	501-908-KICK
Conway Regional Health System	Tobacco Education	Conway	501-329-3831
Conway Regional Health System	Smoking Cessation, Weight Management, Nutrition	Conway	501-329-3831
Cooperative Extension	Nutrition	Conway	501-329-8344
Gatlin Park	Tennis	Conway	501-450-6186
Hendrix College	Walking Track	Conway	501-450-1362
Jordan Park	Tennis	Conway	501-450-6186
Laurel Park	Walking Track, Tennis, Playground	Conway	501-450-6186
McCloy Park	Tennis	Conway	501-450-6186
McGee Center	Skateboard	Conway	501-450-6186

Senior's Center	Exercise	Conway	501-450-6186
Women Can Run	Walk/Run Program	Conway	501-450-6186

Franklin County

Name	Program	City	Phone
Franklin County Extension Office	Numerous Programs	Ozark	479-667-3720
Franklin County Extension Office	Numerous Programs	Charleston	479-964-2272
Harbor House	Male Alcohol & Drug Rehab Center	Fort Smith	479-785-4083
Ozark Area Youth Organization	Youth Sport Programs	Ozark	479-667-3368
Ozark Softball League	Youth & Adult Softball	Ozark	479-667-5130

Fulton County

Name	Program	City	Phone
Fulton County Extension Service	Nutrition & Fitness Education	Salem	870-895-3301
Fulton County Hospital	Tobacco Cessation, Diabetic Support Group	Salem	870-895-2691
Mammoth Spring Ballfield	Softball, Baseball	Mammoth Spring	870-625-3518
Network Community of Options		Agnos	870-257-4411
Salem Public Softball	Baseball	Salem	870-895-3601
Salem Swimming Pool	Swimming	Salem	870-895-6301
Viola Ballfield	Softball, Baseball	Viola	870-458-2704

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Garland County

Name	Program	City	Phone
City of Hot Springs	Walking Trail	Hot Springs	501-321-1700
Garland Co. Tobacco Coalition	Smoke Free Dining Guide	Hot Springs	501-318-2648
Hot Springs Village	Walking Trail	Hot Springs	501-922-1230
Lake Catherine State Park	Walking/Hiking Trails	Hot Springs	501-844-4176
Senior's Center	Exercise	Hot Springs	501-321-2811
YMCA	Exercise	Hot Springs	501-623-8803

Grant County

Name	Program	City	Phone
4-H	Youth Programs	Sheridan	870-942-2231
Family Resource Center and Coalition	Smoking Education Programs	Sheridan	870-942-7373
Sheridan Parks and Recreation	Baseball, Soccer, Walking, Swimming	Sheridan	870-942-7000

Greene County

Name	Program	City	Phone
AMMC	Wellness Center	Paragould	870-239-7209
City Park	Tennis	Paragould	870-239-7530
Community Center	Walking	Paragould	870-239-7530

Local Growers (Larry Cupp)	Farmer's Market	Paragould	870-239-3013
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Hempstead County

Name	Program	City	Phone
Cooperative Extension	Reshape Yourself	Hope	870-777-5771
Hope City Park	Basketball, Tennis, Walking Trail	Hope	870-777-7500
Hope City Park	Softball	Hope	870-722-2571
Hope City Park	Swimming	Hope	870-722-2574
Hope High School	Outdoor Track	Hope	870-777-3451
Northside City Park	Swimming	Hope	870-722-2572

Hot Spring County

Name	Program	City	Phone
Bismarck Public Schools	Outdoor Track	Bismarck	501-865-4888
Body Works	Physical Activity	Malvern	501-337-4718
Boys & Girls Club	Walking Trail, Physical Activity	Malvern	501-337-4462
CADC Senior Center	Walking & Exercising	Malvern	501-332-5374
Cooperative Extension	Reshape Yourself, Right Bite Cooking School	Malvern	501-332-5267
Degray Lake Resort State Park	Swimming, Walking Trails	Bismarck	501-865-2851
Glen Rose Public School	Outdoor Track	Malvern	501-332-3520
Magnet Cove Public Schools	Outdoor Track	Malvern	501-337-9131
Malvern Public Schools	Outdoor Track	Malvern	501-332-7500
Ouachita Public School	Outdoor Track	Malvern	501-384-2341

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Howard County

Name	Program	City	Phone
Centerpoint	Walking Trail	Nashville	870-845-2606
Dierks City Park	Walking Trail, Tennis, Softball	Dierks	870-286-2332
Mineral Springs City Park	Walking Trail, Baseball, Basketball	Mineral Springs	870-287-4221
Nashville City Park	Walking Trail, Tennis, Softball	Nashville	870-845-7405
Cooperative Extension Service	Reshape Yourself	Nashville	870-845-7517
BEAT Coalition Community Grant	Tobacco Education	Nashville	870-845-7517
Toland Heights Park	Walking Trail	Nashville	870-845-7405

Independence County

Name	Program	City	Phone
Batesville School District	Walking Track	Batesville	870-793-6831
Fitzhugh Park	Swimming, Walking Trail	Batesville	870-698-2431
North Complex	Swimming, Walking Trail	Batesville	870-793-1001
Riverside Park	Walking Trail	Batesville	870-698-2431
Cooperative Extension	Reshape Yourself	Batesville	870-793-8840
Fitzhugh Park	Farmers Market	Batesville	870-793-9746
Independence Co. Wellness Coalition	Walk the Walk to Wellness	Batesville	870-793-8848
Newark School District	Walking Track	Newark	870-799-8691

Pilgrim's Pride	Walking Trail	Batesville	870-793-8700
Southside School District	Walking Track	Batesville	870-251-2341
White River Medical Center	Walking Trail, Tobacco Cessation	Batesville	870-793-2540

Izard County

Name	Program	City	Phone
City of Calico Rock	Baseball Complex, Walking Trail	Calico Rock	870-297-3772
City of Melbourne	Baseball Complex, Walking Trail	Melbourne	870-368-4215
City of Oxford	Baseball Complex, Walking Trail	Oxford	870-258-3174
Municipal Recreation Improvement District	Golf, Swimming, Tennis	Horseshoe Bend	870-670-5252

Jackson County

Name	Program	City	Phone
City Park	Baseball, Football, Soccer, Softball	Newport	870-523-4365
George Kell Park	Swimming	Newport	870-523-5847
Harris Hospital	Nutrition Education	Newport	870-523-8911
Jackson Co. Cooperative Extension	Diabetes Education	Newport	870-523-7450
Jacksonport State Park	Swimming Pools, Walking Trail	Newport	870-523-2143
Newport Hospital	Nutrition Education	Newport	870-523-6721
Newport School	Walking Track	Newport	870-523-1375
White River Rural Delta Network	Diabetes Education	Swifton	870-437-2534

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Jefferson County

Name	Program	City	Phone
Center on Aging	Nutrition Classes	Pine Bluff	870-879-1440
Cooperative Extension	Body Walk, Nutrition Education	Pine Bluff	870-534-1033
Donald Reynolds Center	Sitter-cize	Pine Bluff	870-534-8251
Jefferson Comprehensive Care	Smoking Cessation	Pine Bluff	870-543-2347
Jefferson Regional Med. Center	Heart and Soul Walk/Run, Smoking Cessation, Walking	Pine Bluff	870-541-7100
MLK Park	Tennis, Walking	Pine Bluff	870-536-0920
Mt. Harmony Church	Gym	Pine Bluff	870-534-9291
Nature Center	Walking Trail	Pine Bluff	870-534-0011
Prevention Resource Center	Tobacco Prevention	Pine Bluff	870-879-4646
Regional Park	Tennis	Pine Bluff	870-536-0920
South Central Center on Aging	Educational Programs, PEPP1, Tai Chi	Pine Bluff	870-879-1440
Townsend Park	Swimming	Pine Bluff	870-879-3117
Trinity Village	Walking Trail, Water Aerobics	Pine Bluff	870-879-3117
UAPB	5K Walk/Run, Nutrition Education, Walking Trail, Water Aerobics	Pine Bluff	870-575-1800
Y.E.S. Fair	Basketball	Pine Bluff	870-576-5551
YMCA Seabrook	Swimming, Walking Trail	Pine Bluff	870-535-6909

Johnson County

Name	Program	City	Phone
Boys & Girls Club	Sports	Clarksville	479-754-3303
City of Clarksville	Walking Trail	Clarksville	479-754-6486

Lafayette County

Name	Program	City	Phone
Bradley City Park	Walking Trail	Bradley	870-894-3554
Buckner City Park	Walking Trail	Buckner	870-533-2260
Cooperative Extension	Nutrition, Reshape Yourself, Strong Women Training	Lewisville	870-921-4744
Lafayette Schools	Walking Trail	Lewisville	870-921-5500
Strange Park	Walking Trail	Stamps	870-533-4771

Lawrence County

Name	Program	City	Phone
Lawrence Memorial Hospital	Diabetes Support Group	Walnut Ridge	870-886-1200
Walnut Ridge	City Park, City Pool	Walnut Ridge	870-886-7003

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Lee County

Name	Program	City	Phone
Atkins Park	Baseball	Marianna	870-295-5254
Bear Creek Lake	Walking Trail	Marianna	870-295-3094
Cooperative Extension Office	Exercise, Nutrition Education, Diabetes Cooking Classes, Healthy Holiday Cooking Classes, Walk Across Arkansas	Marianna	870-295-7720
Family Life Center-DAHEC	Exercise	Marianna	870-295-9131
Lee County Cooperative Clinic	Smoking Cessation, Walking Trail	Marianna	870-295-5225
Lee Senior High School	Walking Trail	Marianna	870-295-7130
Moro City Park	Exercise Facilities	Moro	870-768-4600
Rondo City Park	Exercise Facilities	Rondo	870-295-5254
Senior Citizen's Center	Exercise	Marianna	870-295-5225

Lincoln County

Name	Program	City	Phone
Lincoln/Desha Tobacco Coalition	Tobacco	Gould	870-263-4748
Star City Civic Center	Youth Programs, Exercise, Aerobics, Sign Language, Drug & Alcohol Classes	Star City	870-628-3968
Cooperative Extension	Nutrition	Star City	870-628-4247
Star City Mini Park	Tennis, Basketball	Star City	870-628-4166

Little River County

Name	Program	City	Phone
City of Ashdown	City Park, Walking Trail	Ashdown	870-898-2907
City of Foreman	Walking Trail	Foreman	870-542-7434
Cooperative Extension	Diabetes Support Group, Strong Women, Walk Across Arkansas	Ashdown	870-898-7224
Senior Citizen's Center	Daily Exercise	Ashdown	870-898-2907
TRCOA	Diabetes Cooking	Ashdown	870-898-7224

Logan County

Name	Program	City	Phone
County Line School	Track	County Line	479-635-4701
Extension Agent	Nutrition	Paris	479-963-2360
Magazine City Park	Walking Track	Magazine	479-963-2450
Marcell Phillips Park	Walking Track, Tennis	Booneville	479-675-3811
Mt. Magazine State Park	Walking Trail	Paris	479-963-8502
North Logan Mercy Hospital	Walking Track	Paris	479-963-6101
Paris City Park	Walking Track	Paris	479-963-2450
Paris Grade School	Tennis	Paris	479-963-3243
Subiaco Abbey Academy	Walking Track	Subiaco	479-934-1000
Tri-County Tobacco Free Coalition	Tobacco Education	Paris	479-963-6531
Veterans Park	Walking Track	Booneville	479-675-3811
Western AR Education Cooperative	Tobacco	Branch	479-965-2723

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Lonoke County

Name	Program	City	Phone
Community Fitness Center	Fitness, Fitness Challenge	Lonoke	501-676-9961
Lonoke City Municipal Ball Park	Baseball	Lonoke	501-676-9961
Lonoke Fitness Center	Exercise Program for Youth	Lonoke	501-676-9961

Madison County

Name	Program	City	Phone
Cooperative Extension	Body Walk, Nutrition Education, Walking Trails	Huntsville	479-738-6826
Madison County Health Coalition	Tobacco Education, Walk for Better Health	Huntsville	479-737-5178
Mitchison City Park	Baseball, Walking Trails	Huntsville	479-738-2771
Movin 'N' Action Gymnastics	Gymnastics	Huntsville	479-677-2190
Senior Activity Center	Exercise Equipment	Huntsville	479-738-2750
Witthrow Springs State Park	Baseball, Playground, Swimming, Walking Trails	Huntsville	479-559-2593

Marion County

Name	Program	City	Phone
City of Bull Shoals	Playground, Walking Trails	Bull Shoals	870-445-4775

City of Flippin	Baseball, Playground, Soccer, Swimming, Tennis, Walking Trails	Flippin	870-453-3333
City of Pyatt	Playground, Walking Trails	Pyatt	870-427-3433
City of Yellville	Baseball, Playground, Soccer, Tennis, Walking Trails	Yellville	870-449-4983
Cooperative Extension	Diabetes Education, Nutrition Education	Yellville	870-449-6349
Marion County Senior Citizen	Diabetes Support Group	Flippin	870-449-6363
Marion County Senior Citizen	Exercise	Flippin	870-453-8488
Tobacco Free Marion County	Tobacco Education	Pyatt	870-427-2620

Miller County

Name	Program	City	Phone
American Cancer Society	Tobacco Prevention	Texarkana, TX	903-831-5422
Miller American Heart Assn.	Everybody Moves, Heart Power On-Line, Search Your Heart	Texarkana, TX	903-832-2477
UAMS - AHEC Southwest	Tobacco Prevention	Texarkana, AR	870-779-6000
Bobby Ferguson Park	Walking Trail	Texarkana, AR	870-779-4971
Miller County Extension	Nutrition Counseling, Health Education	Texarkana, AR	870-779-3609
Prevention Resource Center	Drug/Alcohol Prevention	Texarkana, AR	870-773-4655
Southwest Center	Gym	Texarkana, TX	903-223-3298
Texarkana Regional Council on Aging	Tai Chi	Texarkana, AR	870-779-6042
Wadley Life Source	Health Education and Counseling	Texarkana, TX	903-793-5433

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Mississippi County

Name	Program	City	Phone
Aeroplex Sports Complex	Baseball, Softball, Soccer	Blytheville	870-762-0476
Big Lake Wildlife Management Area	Hiking Trail	Blytheville	870-972-5438
Cypress Park	Exercise Facilities	Blytheville	870-762-0476
Florida Park	Tennis	Osceola	870-563-9883
Founders Park	Exercise Facilities	Blytheville	870-762-0476
Nelson Park	Exercise Facilities	Blytheville	870-762-0476
Osceola Community Center	Exercise Facilities	Osceola	870 563-2462
Walker Park	Exercise Facilities	Blytheville	870-762-0476
Williams Park	Exercise Facilities	Blytheville	870-762-0476
YMCA	Soccer	Blytheville	870-532-9622

Monroe County

Name	Program	City	Phone
Brinkley Convention Center	Baseball, Playground, Walking Trails	Brinkley	870-734-1500
Mid-Delta	Tobacco Cessation	Clarendon	870-747-3381
White River Rural Health	Diabetes Education	Brinkley	870-734-1150

Montgomery County

Name	Program	City	Phone
City of Norman	Walking Trail	Norman	870-334-2400
Cooperative Extension	Nutrition	Mt. Ida	870-867-2311
Healthy Connections	Tobacco Cessation	Mt. Ida	870-867-2331
Montgomery Co. Nursing Home	Walking Trail	Mt. Ida	870-867-3156
Mt. Ida City Park	Walking Trail	Mt. Ida	870-867-3541
U.S. Forest Service	Walking Trail	Oden	870-326-4322
U.S. Forest Service	Walking Trail	Mt. Ida	870-867-2101

Nevada County

Name	Program	City	Phone
City of Prescott	Walking Trails	Prescott	870-887-2210
Cooperative Extension Service	Nutrition Education, Walk Across Arkansas	Prescott	870-887-2818
Prescott High School	Walking Track	Prescott	870-887-3016
Rosston High School	Walking Track	Rosston	870-870-2418
Southwest AR Development Council	Sr. Citizen's Nutrition Education	Prescott	870-887-5171
White Oak State Park	Walking Trails	Bluff City	870-685-2748
Willisville City Park	Walking Trails	Willisville	870-871-2546

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Newton County

Name	Program	City	Phone
Bradley Park	Tennis, Walking	Jasper	
Buffalo National River	Ozark Highland Hiking	Newton County	870-446-2633
Cooperative Extension Service	Fitness Education, Nutrition Education	Jasper	870-449-4311
McClintock Fitness Center	Exercise	Western Grove	870-446-2240
Newton County Senior Center	Exercise, Recreation	Jasper	870-446-5531
North AR Tobacco Education	Cessation Education	Jasper	870-446-2216

Ouachita County

Name	Program	City	Phone
Boys & Girls Club	Baseball, Basketball, Body Conditioning Class, Dance, Football, Karate, Soccer, Softball, Summer Program, Summer Special Olympics, Walking Track	Camden	870-231-2611
City of Camden	Swimming, Walking Trail	Camden	870-836-5500
Cooperative Extension	Diabetes & Nutrition Education, Exercise, Diabetes & Heart Healthy Cooking	Camden	870-231-1160
Locust Bayou Senior Nutrition Center	Meals on Wheels	Camden	870-574-0944

Perry County

Name	Program	City	Phone
Cooperative Extension	Diabetes Education, Nutrition Education	Perryville	501-889-2661
Perryville City Government	Walking Trails	Perryville	501-889-2862
Perryville Park	Tennis	Perryville	501-889-2862

Phillips County

Name	Program	City	Phone
Boy Scouts (Patty Hornbeck)	Youth Programs	Helena	870-572-3751
Cleo Dunning Park	Swimming, Park	Helena	870-338-9831
Delta Area Health Education Center	Nutrition Education, Smoking Cessation	Helena	870-338-9100
Delta Heritage State Park	Walking Trails	West Helena	870-831-3314
JR House Athletic Complex	Baseball	West Helena	870-572-1218
Phillips Community College	Dance	Helena	870-338-6474
River Park	Walking Trail	Helena	870-338-6474

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Pike County

Name	Program	City	Phone
AR Game & Fish	Drug & Tobacco Education	Murfreesboro	870-285-2928
Glenwood High School	Tobacco Education	Amity	870-356-3612
City of Delight	Walking Trail	Delight	870-379-2020
City of Glenwood	Walking Trail	Glenwood	870-356-3613
Pike Co. Cooperative Extension	Walking Trail, 5 A Day, Reshape Yourself, Walk Across Arkansas	Murfreesboro	870-285-2161
Crater of Diamonds State Park	Walking Trails, Water Activities - Diamond Springs	Murfreesboro	870-285-3113
Daisy State Park	Daisy State Walking Trail	Kirby	870-398-4487
Delight Public Schools	Tobacco & Drug Education	Delight	870-379-2214
HomeTown Hikers	Walking Program	Murfreesboro	870-285-3154
Kirby Public School	Tobacco & Drug Education	Kirby	870-398-4211
Murfreesboro Parks & Recreation	Walking Trail	Murfreesboro	870-285-3904
Murfreesboro Public School	Youth Peer Group, High School Heroes	Murfreesboro	870-285-3514
Quachita National Forest	Walking Trails	Langley	501-321-5202
Region 8 PRC	Healthy Connection Cessation Program	Murfreesboro	870-318-2648
U.S. Army Corps of Engineers	Walking Trails	Murfreesboro	870-285-2151

Poinsett County

Name	Program	City	Phone
City of Marked Tree	Tennis	Marked Tree	870-358-3216
City of Trumann	Tennis, Playground	Trumann	870-483-5355
City of Tyrone	Walking Trails	Tyrone	870-487-2168
City of Weiner	Walking Trails	Weiner	870-684-2284
Cooperative Extension	Nutrition Counseling & Cooking Classes	Harrisburg	870-578-4490
Dana Collins City Park	Skateboarding, Walking Trail	Harrisburg	870-578-5466
Harrisburg High School	Walking Trails	Harrisburg	870-578-2417
Harrisburg Little League Park	Baseball	Harrisburg	870-578-5466
Lake Poinsett State Park	Hiking Trails	Harrisburg	870-578-2064
Lawrence Redman City Park	Swimming, Tennis, Walking Trails	Harrisburg	870-578-5467
Lepanto Senior Life Center	Exercise Facilities, Fitness Education	Lepanto	870-475-6005
Marked Tree Senior Life Center	Exercise Facilities	Marked Tree	870-358-3751
Marked Tree Little League Baseball	Baseball, Softball	Marked Tree	870-358-3900
Trumann Recreational Complex	Baseball, Softball, Walking Trails	Trumann	870-483-1098
Trumann Senior Life Center	Fitness Education	Trumann	870-483-2122

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Polk County

Name	Program	City	Phone
Athens Big Fork Trail	Hiking (Most Difficult)	Mena	479-394-2382
Brushy Creek Trail	Hiking	Wickes	870-385-2201
Caney Creek Wilderness Trail	Hiking (Very Difficult)	Mena	479-394-2382
Community Health Center	Smoking Cessation	Mena	479-243-0279
County Extension Office	5 A Day, Walk Across Polk County, Exercise Classes	Mena	479-394-6018
Healthy Connections	Tobacco Cessation	Mena	479-243-0279
Janssen Park	Playground	Mena	479-394-3141
Janssen Park	Walking Trail	Mena	479-394-3141
Little Missouri Trail	Hiking (Moderate)	Mena	479-394-2382
McMillan Park	Baseball, Softball, Swimming, Tennis	Mena	479-394-8312
Mena High School	Walking Track	Mena	479-394-1144
Queen Wilhelmina State Park	Playground, Walking Trails	Mena	479-394-2863
Rich Mountain Community College	Basketball, Exercise Facilities, Walking Trails	Mena	479-394-7622
Shady Lake Trail	Hiking and Mountain Biking	Mena	479-394-2382
Tall Peak Trail	Hiking (Very Steep)	Mena	479-394-2382
U.S. Forest Service	Walking Trails	Mena	479-394-2382
Veterans Park	Baseball	Acorn	479-394-3095

Pope County

Name	Program	City	Phone
Arkansas Technical University	Baseball	Russellville	479-968-0648
Arkansas Technical University	Exercise Facilities	Russellville	479-968-0245
Arkansas Technical University	Swimming Pool	Russellville	479-968-0432
Arkansas Technical University	Tennis, Track	Russellville	479-968-0213
Atkins City Park	Baseball, Playgrounds, Swimming	Atkins	479-641-2900
Dover City Park	Baseball, Playgrounds	Dover	479-331-3270
Hickey Park	Baseball, Swimming	Russellville	479-968-6612
Hughes Community Center	Bike Trails, Walking Trails	Russellville	479-968-1272
Lake Dardanelle State Park	Walking Trails	Russellville	479-967-5516
Old Post Road Park	Baseball, Tennis	Russellville	479-890-7275
Pottsville City Park	Playgrounds	Pottsville	479-967-0452
Russellville City Park	Playgrounds, Tennis, Walking Trails	Russellville	479-890-7275
Sequoiah Park	Playgrounds	Russellville	479-890-7275
Senior Citizens Center	Exercise Facilities	Russellville	479-968-5039
St. Mary's Regional Medical Center	Exercise Facilities	Russellville	479-968-2841

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Prairie County

Name	Program	City	Phone
Des Arc Health Center	Diabetes Education	Des Arc	870-268-8616
Harrison Sims Memorial Park	Baseball	Hazen	
Hazen Walking Trail and Bike Path	Bike Trails	Hazen	870-255-4521
Mammoth Pond Park	Walking Trails	Hazen	870-255-3598
Riverfront Park	Walking Trails	Des Arc	
Stuttgart Medical Clinic	Weight Management	Hazen	870-255-3954
White River Rural Health Center, Inc	Diabetes Education	Des Arc	870-256-4178
White River Sports Complex	Baseball	Biscoe	

Pulaski County

Name	Program	City	Phone
Dunbar Senior Activity Center	Aerobics	Little Rock	501-376-1084
Southwest Senior Program	TOPS/Weight Management	Little Rock	501-568-4927
East Little Rock Senior Center	Fitness	Little Rock	501-375-9132
Stephens Senior Program	Fitness	Little Rock	501-603-9377
Boys & Girls Club	Nutrition, Fitness	Little Rock	501-666-8816
Catherine's House	Youth Programs	Little Rock	501-370-9100
Shepherd's Ranch	Youth Programs	Little Rock	501-340-8250
Teen Supreme Keystone Club	Youth Programs	Little Rock	501-666-5494

City of Little Rock	Walking Trails, City Parks	Little Rock	501-371-4770
City of North Little Rock	P.A.R.K.S. Program, Trails for Life	North Little Rock	501-340-5305
Burns Park	Tennis, Baseball, Football, Basketball-After School	North Little Rock	501-791-8543
City of North Little Rock	Karate, Kung Fu, Dance	North Little Rock	501-791-8543
City Parks and Recreation	Soccer, Walking Trails, Biking Trails	Little Rock	501-376-1084
Cooperative Extension	Exercise, Nutrition & Diabetic Education Children in School, Obesity Prevention, Steps to Walk Across AR	Little Rock	501-671-2000
Hays Senior Center	Fitness Equipment & Classes, Swimming	North Little Rock	501-975-4297
KABF Tobacco Coalition	Tobacco Prevention	Little Rock	501-372-6119
Jacksonville Community Center	Nutrition Education	Jacksonville	501-982-4171
Jacksonville Fitness Center	Nutrition Education	Jacksonville	501-982-1531
Jacksonville Senior Center	Fitness	Jacksonville	501-982-7531
Joseph Pfeifer Kiwanis Camp	Tobacco Education, Fitness, Nutrition	Little Rock	501-821-3714
Kick Tobacco Coalition	Tobacco Education	Little Rock	501-399-3420
LaCasa	Tobacco Education	Little Rock	501-664-3500
Meadow Park	Walking Track	North Little Rock	501-955-3620
North Little Rock Park System	Trail	North Little Rock	501-791-8591
Pulaski County Special School Dist.	Stamp Out Smoking	Little Rock	501-490-2000
Rebsamen Medical Center	TOPS Obesity Support Group	Jacksonville	501-985-7000
Senior Citizens	Fitness, Swimming	Little Rock	501-375-9132
Shepard's Center	Line Dancing, Fitness Programs	North Little Rock	501-771-0774
Southwest Recreation Center	Fitness	Little Rock	501-568-4927
War Memorial Fitness Center	Employer discounts	Little Rock	501-664-6976
YMCA	Fit Kids	Little Rock	501-227-8343

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Randolph County

Name	Program	City	Phone
Cavenar Fields	Baseball, Softball	Pocahontas	
Community Center	Gym, Diabetes Support Group	Pocahontas	870-892-8896
Cooperative Extension	Walk Across Arkansas	Pocahontas	870-892-4504
Overlook Park	Playground, Walking Trail	Pocahontas	
Pioneer Park	Walking	Pocahontas	
Pocahontas City	Swimming, Tennis, Walking	Pocahontas	870-892-2210
Pocahontas Family Medical Clinic	Tobacco Cessation	Pocahontas	870-892-9949
Saddle Club	Horseback Riding	Maynard	
Saddle Club	Horseback Riding	Pocahontas	
Senior Citizen's Center	Nutrition	Pocahontas	870-892-8473
State Park	Walking	Pocahontas	870-892-4708

Saline County

Name	Program	City	Phone
Senior Adult Center	Nutrition, Exercise, Walking	Benton	501-776-0255
Bauxite Park	Walking	Benton	501-776-5970
Holland Park	Baseball	Benton	501-776-5970
Mills Park	Tennis, Walking, Bike, Swimming	Bryant	501-653-0821
Tyndall Park	Tennis, Baseball, Skateboard	Benton	501-776-5970

Tyndall Park	Walking	Benton	501-776-5971
Boys & Girls Club	Physical Activity	Bryant	501-847-7220

Scott County

Name	Program	City	Phone
Cypress Barn Lodge	Water Aerobics	Waldron	479-637-3451
Mercy Hospital	Tobacco Cessation	Waldron	479-637-4135
Scott County Boys & Girls Club	Sports/Athletic Training	Waldron	479-637-3188
Scott County Cooperative Extension	Nutrition	Waldron	479-637-2173
Sodie Davidson Park	Sports/Athletic Training	Waldron	479-637-0208

Searcy County

Name	Program	City	Phone
Boston Mountain Rural Health Center	Diabetes Education	Marshall	870-448-3733
Buffalo National River	Walking Trails	Marshall	870-449-2502
Marshall Community Center	Swimming, Tennis, Walking Trails, Baseball, Dance	Marshall	870-448-2999
Pindall Walking Trail	Walking Trails	Pindall	870-439-2440
Senior Citizen's Center	Exercise Classes	Marshall	870-448-2999

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Sebastian County

Name	Program	City	Phone
Ft. Smith Boys & Girls Club	Physical Activity	Ft. Smith	479-782-7093
Ft. Smith Senior Activity Center	Physical Activity, Nutrition	Ft. Smith	479-648-9970
Greenwood Senior Center	Nutrition	Greenwood	479-996-6581
Prevention Resource Center	Tobacco Cessation	Ft. Smith	479-783-1916
Sebastian Co. Extension Office	Tobacco Education	Ft. Smith	479-484-7737

Sevier County

Name	Program	City	Phone
Herman Dierks Park	Outdoor Basketball Court, Tennis Courts, Walking Trail	DeQueen	870-642-4140
DeQueen City Park Sportsplex	Baseball, Softball, Skateboard, Walking Trail	DeQueen	870-642-4140
DeQueen Parks & Recreation	Youth Basketball, Baseball, Softball, Swimming Team	DeQueen	870-642-4140
Gillham City Park	Walking Trails, Baseball, Softball, Tennis	Gillham	870-386-7136
Horatio City Park	Walking Trails, Baseball, Softball	Horatio	870-832-2612
Lockesburg City Park	Walking Trails, Baseball, Softball, Tennis	Lockesburg	870-289-3261
Cooperative Ext. - Eng. & Hispanic	Nutrition Education, Reshape Yourself	DeQueen	870-584-3013

Sharp County

Name	Program	City	Phone
Ash Flat Sports Complex	Walking Trail	Ash Flat	870-994-7324
City of Cave City	Swimming	Cave City	870-283-5455
City of Cherokee Village	Swimming	Cherokee Village	870-257-5522
City of Hardy	Walking Trail	Hardy	870-856-3811
Hardy Loberg Park		Hardy	870-856-3811
Hardy Sports Complex	Gym	Hardy	870-856-3811
South Golf Course	Golf	Cherokee Village	870-257-2555

St. Francis County

Name	Program	City	Phone
Baptist Memorial Hospital	Nutrition Classes, Worksite Wellness Program	Forrest City	870-261-0000
Baptist Memorial Hospital	People with Arthritis Can (PACE), Slim-a-thon, Walking Trails	Forrest City	870-261-0000
Community Voices	Tobacco Education	Forrest City	870-633-8799
Cooperative Extension	Exercise & Nutrition Classes, Nutrition for Seniors	Forrest City	870-261-1730
Delta AHEC	Kids for Health, Nutrition, Smoking Cessation	Forrest City	870-270-0520
East AR Community College	Gymnastics	Forrest City	870-633-4480
East AR Enterprise Community, Inc.	Tobacco Education	Forrest City	870-630-2005
Forrest City Recreational Complex	Baseball	Forrest City	870-633-3667
Forrest City Recreational Complex	Football	Palestine	870-581-2166

COMMUNITY RESOURCES

For additional listings visit the Healthy Arkansas website at www.arkansas.gov/ha.

Stone County

Name	Program	City	Phone
City of Mountain View	Bike Trail	Mountain View	870-269-3686
City of Mountain View	Physical Fitness Center	Mountain View	870-269-7007
City of Mountain View	Walking Trails	Mountain View	870-269-3686
Fox Fun Park	Walking Trails	Fox	870-363-4842
Pine Hills Golf Course	Golf Course	Mountain View	870-269-5777
Senior Citizens Center	Exercise Facilities, Walking	Mountain View	870-269-3101
Stone County Fitness Center	Exercise Facilities	Mountain View	870-269-7007
Stone County Medical Center	Diabetes Support Group	Mountain View	870-269-4361
Stone County Recreational Complex	Baseball, Biking, Playground, Swimming, Tennis, Walking Trails	Mountain View	870-269-8400

Union County

Name	Program	City	Phone
Boys & Girls Club	Programs, Activities	El Dorado	870-863-8753
Boys & Girls Club	Programs, Activities	El Dorado	870-862-6907
Center-In-Stall News	Tobacco Cessation	El Dorado	870-864-2497
City of El Dorado	Skate Park, Walking Trails	El Dorado	870-881-4171
City of Junction City	Walking Trail	Junction City	318-986-4459

City of Norphlet	Walking Trail	Norphlet	870-546-2534
City of Smackover	Walking Trail	Smackover	870-725-3521
Cooperative Extension	Reshape Yourself	El Dorado	870-864-1916
Prevention Resource Center	Tobacco Prevention	El Dorado	870-864-2497
South Arkansas Center on Aging	Strength Training for Aging	El Dorado	870-863-4996
SW Economic Development Assoc	Smoking Cessation	El Dorado	870-862-6671
TOUCH Coalition	Get Fit with Me	El Dorado	870-863-5101
Union County Recreational Complex	Baseball	El Dorado	870-881-4171

Van Buren County

Name	Program	City	Phone
City of Clinton	Baseball	Clinton	501-745-8110
City of Shirley	Baseball	Shirley	501-723-8290
Clinton City Park	Park, Tennis, Walking Trail	Clinton	501-745-8110
Cooperative Extension	Nutrition	Clinton	501-745-7117
Fairfield Bay	Park, Swimming	Fairfield Bay	501-884-6500
Fairfield Bay	Walking Trail	Fairfield Bay	501-884-3324
Senior Citizen's Center	Adult Exercise Program	Clinton	501-745-2244
B-Branch	Baseball	Southside	501-654-2242

COMMUNITY RESOURCES

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Washington County

Name	Program	City	Phone
American Cancer Society	Cancer/Health & Tobacco Education	Springdale	479-750-2385
American Heart Assn.	Cooking Classes, CPR, Nutrition Classes , Heart Disease/Cardio Education	Fayetteville	479-442-6540
Arkansas Special Olympics	Sports/Athletic Training	Springdale	479-927-1327
Boys & Girls Club	Physical Fitness Programs	Fayetteville	479-442-9242
Community Health & Wellness	Health Programs	Springdale	479-756-8090
Council on Aging	Health Program, Meals on Wheels, Physical Fitness	Fayetteville	479-443-3512
Family Network	Health & Nutrition	Springdale	479-927-3659
Generations	Acute Care Geriatric Mental Health Unit	Fayetteville	479-587-2686
Hispanic Women's Org. of AR	Health Education	Springdale	479-751-9494
Jones Center for Families	Fitness Center, Health/Wellness Library, Ice Skating, Generations Center, Gym, Physical Education, Swimming, Teen Center	Springdale	479-756-8090
Northwest AR Free Health Center	Health & Nutrition Education	Fayetteville	479-444-7548
Springdale Youth Center	Physical Fitness	Springdale	479-750-8185
Young Life of NWA	Recreation, Youth Programs	Springdale	479-756-5422

White County

Name	Program	City	Phone
Central Arkansas Hospital	Diabetes Support	Searcy	501-278-3100
City of Searcy, City Hall	Biking Trails, Walking Trails	Searcy	501-268-2483
Katie Cobb, Cooperative Extension	Strong Women, Walk Across Arkansas	Searcy	501-268-5394
Parks Organization	Baseball	Searcy	501-268-2483
White County Medical	Diabetes Support	Searcy	501-268-6121

Woodruff County

Name	Program	City	Phone
U of A Extension/Nikki Schaefer	4-H Club	Cotton Plant	870-347-2556
U of A Extension/Nikki Schaefer	4-H Club	Augusta	870-347-2556
City of Augusta	Walking Trail	Augusta	870-347-2583
Cooperative Extension	Nutrition, Parenting, School Programs, Resource Management	Augusta	870-347-2556
Stanley Park		Augusta	
White River Rural Health Center	Mental Health	Augusta	870-347-2508

COMMUNITY RESOURCES

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Yell County

Name	Program	City	Phone
Cooperative Extension	Yell Co. On the Move	Danville	479-229-4441
Fire Trail	Walking Trail	Danville	479-495-2013
Merritt Park	Walking Trail	Dardanelle	479-229-3209
Mt. Nebo State park	Walking Trail	Dardanelle	479-229-4963
Veterans Riverfront Park	Walking Trail	Dardanelle	479-229-3992

Notes

Dedication to Dr. Fay Boozman



In Memory:
Dr. Fay Boozman
Director of the Arkansas Department of Health
1946-2005

Arkansas lost a longtime advocate and friend of public health in 2005 with the untimely death of Dr. Fay Boozman.

Dr. Boozman will be remembered for his tireless efforts as the director of the Arkansas Department of Health to make public health a collaboration with the community. He was a staunch supporter of prevention efforts including the elimination of tobacco use and obesity.

Dr. Boozman brought tremendous energy, a warm spirit and compassion to his tenure, and he was a dedicated public servant.

Under Dr. Boozman's leadership, Arkansas' health status saw a marked improvement, moving from 50th to 42nd in the United Health Foundation's state rankings. Dr. Boozman also played an integral role in the creation of the College of Public Health at UAMS. For his commitment and service in the field of public health, Dr. Boozman received numerous state, regional and national awards.

This guidebook represents Dr. Boozman's vision and efforts to combine the health resources of Arkansas communities into a single guide that could be accessed by all Arkansans. It is to him this book is dedicated.

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